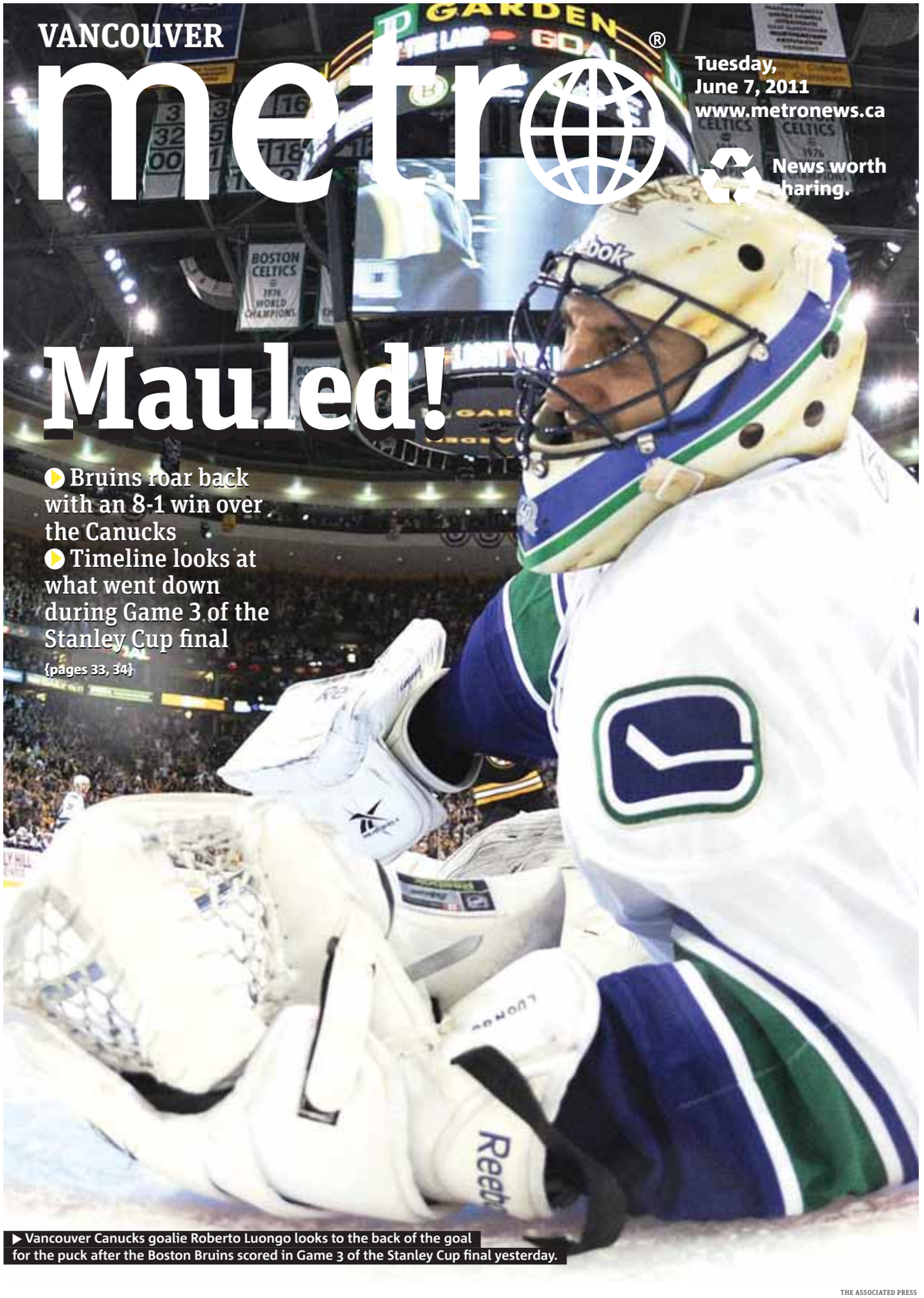
VANCOUVER
metro
Tuesday, June 7, 2011
www.metronews.ca
News worth sharing.

Mauled!

- Bruins roar back with an 8-1 win over the Canucks
- Timeline looks at what went down during Game 3 of the Stanley Cup final

{pages 33, 34}



▶ Vancouver Canucks goalie Roberto Luongo looks to the back of the goal for the puck after the Boston Bruins scored in Game 3 of the Stanley Cup final yesterday.

THE ASSOCIATED PRESS

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LEARNING CURVE
THE LATEST IN LOCAL EDUCATION, AND MORE {pages 25-32}

B.C.

Amazing tale of survival

- Woman survives after boat overturns off Haida Gwaii
- Spent six days in the wilderness {page 3}

Your very own homemade Stanley Cup

Takes only 20 minutes to make using items lying around the house {page 6}

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Home. Fires

▶ Premier Christy Clark, flanked by former Canucks player Dave Babych and Canucks mascot Fin, lights the Olympic Cauldron in Vancouver's Jack Poole Plaza yesterday to keep the home fires burning as the Vancouver Canucks play Game 3 on the road in Boston.

MATT KIELTYKA/METRO

Vancouver keeps Canucks spirit bright at the cauldron

Woman rescued after nearly a week in the wild

Boat overturns off Haida Gwaii ◐ Woman swims to shore ◐ Man missing, presumed drowned

MATT KIELTYKA
@METRONEWS.CA

A 62-year-old woman was able to swim to shore and survive six days in the wilderness after a boat overturned off the coast of Haida Gwaii.

The astounding tale was made public by RCMP yesterday as the female survivor underwent a medical assessment at Queen Charlotte City.

Police said the woman and her 66-year-old male partner were travelling by sea from Prince Rupert to Haida Gwaii May 30 when they decided to make a stop at Tian Bay.

The pair anchored their main vessel and boarded a smaller aluminum skiff to take to shore when the boat overturned and dumped both occupants, who were not wearing life jackets, into the bay.

The woman was able to cling to the skiff until it was close enough for her to swim to shore.

The 66-year-old man, a resident of Courtenay, floated away and has not been seen since.

The female, who has not been named by police, was able to start a fire and keep it going until Saturday, when a fishing vessel passing through finally noticed the fire and called the coast guard for help.

Rescue crews were able to reach the woman, who seemed to be in good condition, and airlift her to safety.

Police are now trying to determine exactly when the incident occurred and for how long the survivor was on the island.

Dive teams have been dispatched in the area to search for the male.

1 news

Study suggests ancient human migration in Africa was a two-way street. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small on what last week's release of disappointing economic numbers means for investors. More at metronews.ca/investing

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Champs. Chomp

▶ A Vancouver Canucks fan uses a set of fake teeth to bite a Boston Bruins fan at a bar near the TD Garden yesterday in Boston.

JONATHAN HAYWARD/THE CANADIAN PRESS

Canucks fans go camping in bear country

Several hundred Canucks fans made their way to Massachusetts to watch Game 3 of the Stanley Cup final between the Canucks and Bruins yesterday. The Bruins won the game 8-1. Game 4 goes tomorrow at 5 p.m.

Is Wii Fit really a fat buster?

Is the Wii a viable alternative to the gym for women over 40?

That's a question a new Simon Fraser University study is attempting to gauge through research that assesses the role active video games may play in improving fitness.

Lorna Boschman, a doctoral student in the school of interactive arts and technology at SFU Surrey, hopes to involve 40 women in her research at Britannia Community Centre.

"Commercially available fitness games are promoted as one way to work out at home in short bursts of time," said Boschman.

"Fitness games like Wii Fit Plus give us a chance to exercise in the privacy of our own homes, but do these games collect dust after a week or two of exploration?"

Women in the study will be compared according to their ages and whether they use an exergame at home or with the group for 30- to 45-minute workouts on Saturday mornings.

KRISTEN THOMPSON

Quebec seat guarantee undemocratic: BCCLA

- Civil liberties group says non-proportional seat counts unconstitutional
- Quebec Premier Charest wants 24 per cent guaranteed parliament seats

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

Quebec Premier Jean Charest's proposal to guarantee his province at least 24 per cent of federal House of Commons seats has come under fire from the B.C. Civil Liberties Association, which is calling it undemocratic and unconstitutional.

"The democratic principle is a nice and simple one. It says one person, one vote," said BCCLA president Robert Holmes.

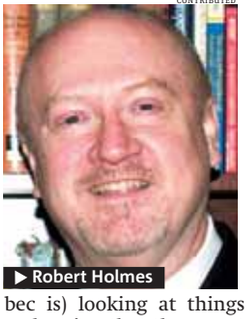
"If you allow a big province like Quebec to get away with having a disproportionate number of MPs, that would mean that B.C.'s voice, Alberta's voice and Ontario's voice in the national parliament would be reduced," he added.

The controversy came about as a result of the Conservative government's plan to increase the total number of seats in the House of Commons to compensate for changes in the Canadian population. Seat counts were last adjusted in 2003.

Ontario, B.C., and Alberta are currently under-represented in parliament. The Conservatives plan to add seats for those three, leaving Quebec's count unchanged because its population has declined since 2003.

"I'd imagine that (Quebec is) looking at things and saying that they want to ensure that their historical clout in Parliament remains, even if their population doesn't merit it," Holmes said.

CONTRIBUTED



▶ Robert Holmes

Proportionality

- The Constitution requires that seat totals be proportionate to populations, and up until now, the only exceptions have been to ensure a voice for the territories and smallest provinces.

News in brief

HST opposition on the road

NDP CAMPAIGN. B.C. Opposition Leader Adrian Dix says his party is launching a campaign in hopes of evening the odds in the battle against the harmonized sales tax.

Dix confirms he and other New Democrats will go door-to-door to encourage a "yes" vote in a bid to wipe out the combined provincial and federal sales tax.

THE CANADIAN PRESS

Hikers find human skull

FORENSICS. The RCMP say the discovery of a human skull was made by two hikers at Roberts Memorial Park late Sunday afternoon.

Const. Gary O'Brien says forensic experts don't think the find is suspicious or criminal in nature.

He says the experts will examine the skull to determine its ethnicity and whether it is recent or historical, and expect to report back in the next week.

THE CANADIAN PRESS

Pilot recovering after Nanaimo airshow crash

INJURIES. A 71-year-old pilot critically injured when his small plane crashed at a Nanaimo airshow is now considered in stable condition.

The Campbell River resident — an experienced pilot — has broken bones and internal and facial injuries.

No bystanders were hurt when his biplane pancaked onto the ground Saturday afternoon.

THE CANADIAN PRESS

HST: Aye OR Nay

Are you in favour of extinguishing the HST (Harmonized Sales Tax) and reinstating the PST (Provincial Sales Tax) in conjunction with the GST (Goods and Services Tax)?
Yes or No

FDI Financial Diagnostics Inc. is pleased to present HST: Aye or Nay, a free Internet resource and open forum that objectively explores both sides of the "HST in BC" debate. In the weeks leading to the June 24th referendum, we will analyze the issues to see which arguments are valid and which are sensational nonsense.

HST Referendum Countdown
017 Days

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KRISTEN THOMPSON/METRO

How to build your own Stanley Cup

KRISTEN THOMPSON
@METRONEWS.CA

As Canucks fandemonium heats up in the last days of the Stanley Cup final, we thought it would be fun — and informative — to build our own cup from items lying around the newsroom and our homes. It took only 20 minutes. Here's how we did it.

Plastic bucket

We used a six-gallon grape-juice bucket, but any big plastic pail, flower container or water-cooler jug will do the trick.

Plastic bowls

Stack three or four plastic bowls of different sizes on top of each other, from largest to smallest. We used a Tupperware bowl as the base.

Margarine tubs

Our last two "bowls" were a margarine and cream-cheese container. Because everything is plastic, it keeps the cup nice and light for celebratory hoisting.

Metal bowl

If you don't have a metal bowl, use a plastic mixing bowl and cover it with foil. You can even fill it with champagne to celebrate when the Canucks (knock wood) win the real deal.

Foil, duct tape

Use the duct tape to stick all the elements together before covering with tin foil. If you don't plan to reuse anything, douse the cup with silver spray paint.

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Familiar federal budget

Mostly reprises Tories' pre-election financial plan
No details on $4B in promised annual spending cuts

Budget in brief

Figures updated from the March 22 budget:

- **Total spending of $281.4 billion** (includes $33 billion in debt payments), up 3.6 per cent from 2010-11.
- **Total debt of $585.4 billion,** up $32.3 billion from 2010-11.
- **Projected deficit of $32.3 billion,** $2.7 billion higher than forecast in March.
- **Projected deficit for 2010-11 of $36.2 billion,** $4.3 billion better than forecast in March.
- Plans to balance the budget by 2015-16.

New measures:

- **$2.2 billion set aside** for a deal with Quebec on sales-tax harmonization.
- **Phasing out of the per-vote subsidy** for political parties, making parties almost fully reliant on private donations.

Reintroduced measures from the March 22 budget:

- **$400 million to extend** the ecoENERGY Retrofit-Homes program for one year.
- **A top-up benefit of up to $600** for single, low-income seniors and up to $840 for couples through the Guaranteed Income Supplement.
- **A family caregiver tax credit,** which would save about $300 a year for people caring for sick or disabled relatives.
- **A children's arts tax credit** for children's arts, culture, recreation and developmental activities, which would save parents about $75 a year per child.
- **A temporary hiring credit** for small business of up to $1,000 against the increase in 2011 EI premiums
- **An initiative to attract** health-care workers to rural and remote communities by forgiving up to $40,000 in student loans for doctors and $20,000 for nurses.
- **Legislation to make the $2-billion gas-tax fund** permanent to provide predictable infrastructure funding for municipalities.

THE CANADIAN PRESS

Armed with a majority mandate, Prime Minister Stephen Harper is forging ahead with a 2011-12 budget larded with low-cost boutique tax breaks, modest pension help for the poorest seniors, and a vow to slay the deficit within four years.

New to the spending blueprint is $2.2 billion for Quebec as an inducement to finalize full harmonization of the provincial sales tax with the federal GST.

The budget will also phase out the $2-per-vote public subsidy received by all federal political parties.

All the moves were repeatedly linked to the majority mandate the Conservatives won May 2, when 39.6 per cent of voters delivered them 166 seats in the House of Commons.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Minister of Finance Jim Flaherty answers questions in the House of Commons after delivering the federal budget on Parliament Hill in Ottawa yesterday.

NDP Leader Jack Layton said that the Conservatives were not being transparent about where their proposed cuts in federal spending would come from.

Finance Minister Jim Flaherty said some programs "will not continue."

Total federal spending will total $281.4 billion this fiscal year.

THE CANADIAN PRESS

Budget tweets

Not much love for the refashioned budget.

- **@michaelshapcott** "What's new in federal budget 2011 on long overdue national housing plan? Absolutely nothing..."
- **@nepeancarlton** "I'm a proud political geek but this budget thing is SUCH a snore No change fr govt or opposition Is Oprah on?"
- **@lindsayfg** "Having deja vu. Didn't I just watch something about #bgt41 a few months ago..."
- **@stephen_taylor** "Breaking news: @elizabethmay won't support the budget. #whatev"

For more budget news and reaction, go to metronews.ca

PM makes first visit to Quebec flood zone

Prime Minister Stephen Harper finally arrived in Quebec's flood zone — and, while he didn't bring his hip waders, he did come carrying a few funding announcements.

The prime minister completed a helicopter tour yesterday over the disaster area where 3,000 homes have been flooded and hundreds have been forced from their houses.

He took a walking tour to visit flood installations, chatted with area residents, and met with local officials.

"It's obvious the damage is considerable," Harper told a news conference.

He announced several initiatives — including financial help for Quebec's disaster response and funding for its flood-mitigation program.

Harper had been criticized for failing to visit during the region's seven-week ordeal and for his government's refusal to let the army stick around to help with the cleanup.

Visiting ahead of the federal budget announcement, Harper said he didn't want to give the Quebec floods special treatment. Army cleanup assistance was not offered elsewhere, such as in Manitoba.

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper views a flooded area yesterday with Lt.-Col. Simon Bernar in the town of Venise-en-Quebec.

"The people of Monteregie can rest assured that our government is working closely with the province and affected communities to keep them safe and to help them rebuild their communities and lives," Harper said in a statement.

Wearing a blazer and slacks, Harper was dressed for meetings with officials — not for sloshing through flood waters as other high-profile visitors have done.

Harper's helicopter tour allowed him to get an overview of the damage. In some areas, dozens of rows of streets remain submerged. THE CANADIAN PRESS

Assistance

- Federal help announced yesterday will include funding 50 per cent — or $2 million — of the province's existing $4-million flood-mitigation plan for the region.
- The prime minister also announced plans for a national disaster-mitigation strategy
- Federal and provincial ministers and civil servants will meet to discuss raising homes in flood zones to new heights, insurance programs and burying electrical cables.

Dog-attack threat used in robbery

Halifax police are looking for two men after a dog was used in a robbery on Sunday night.

Police say the pair threatened another man by telling him they would unleash their dog and have it attack if the victim didn't hand over some cash.

The two made off with a small sum of money.

There were no injuries and everyone had left the area before police arrived. THE CANADIAN PRESS

Bull rushes free, shot dead by police

A bull heading for a slaughterhouse in Prince Edward Island made a failed bid for freedom yesterday before being felled by police gunshots.

Officers said the 635-kilogram bull broke free from his owners while being unloaded at an abattoir in Summerside.

It ran loose within the city for approximately an hour and 40 minutes, police said THE CANADIAN PRESS

Alberta PCs shrug off accusations

Alberta's health minister dismissed allegations yesterday that his caucus colleagues have let friends and cronies jump the queue to get faster surgery.

Gene Zwozdesky was responding to a recent speech by the former head of Alberta Health Services.

Stephen Duckett said he shut down a back-channel system that favoured friends of some government legislature members. THE CANADIAN PRESS

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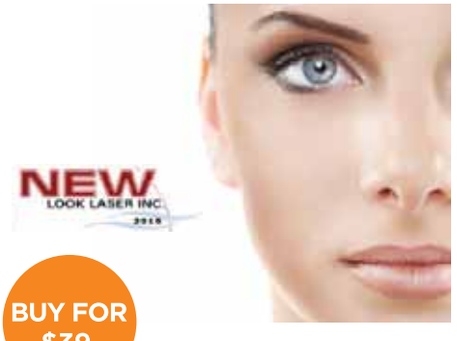

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▶ France's Superior Audiovisual Council member Christine Kelly looks on as she is interviewed by reporters yesterday in Paris.

France bans 'secret' ads

- Ruling went largely unnoticed until French bloggers picked up on it
- Country has long had a reputation as being tough on cyberspace

No plugging of Twitter accounts or Facebook pages on French broadcast airwaves.

France's audiovisual authority says that TV and radio stations that promote their sites on the two gargantuan social media services on air are actually engaging in secret — and unfair — advertising.

Some French bloggers, bemoaning that their country seems out of touch with the Digital Age, pilloried what it considered an antiquated stance.

On May 27, the Superior Audiovisual Council, or CSA, said that broadcasters could legally point viewers or listeners to their sites on generic "social media" but they may not cite services like Facebook or Twitter by name.

The CSA said yesterday that Facebook or Twitter could be cited only when a report or program merits a specific reference to those sites.

"We are not in the United States where you buy frequencies to get a TV channel and then you do pretty much whatever you want on your channel," said Christine Kelly, a member of the council.

In France you don't buy the frequency but get one for free and in exchange "there are rules you must respect," Kelly told Associated Press Television News.

THE ASSOCIATED PRESS

Black lorded over inmates: Documents

But lawyer files papers touting Black's contributions to community and students

RYAN REMIORZ/THE CANADIAN PRESS

▶ Conrad Black

Conrad Black wasn't the model inmate his defence team paints him to be, but rather shirked tutoring responsibilities and used other inmates as servants during his time at a Florida prison, according to filings to be heard at his resentencing later this month.

In an affidavit, a unit manager at the Coleman prison complex in Florida says the former media baron demanded special treatment and gathered an entourage of inmates who acted like servants for him.

"Those inmates cooked for Black, cleaned for him, mopped his floor, ironed his clothes and other similar tasks. That is not at all frequent at Coleman."

TAMMY PADGETT, UNIT MANAGER AT COLEMAN PRISON, FLORIDA

Tammy Padgett said in the document that Black's assigned case manager reported that he demanded to be called Lord Black the day he was released on bond last summer.

In another document, Carrie De La Garza, an education specialist who supervised Black as a tutor, claims he was a haughty and uninterested mentor.

"He projected the attitude that he was better than others in the class, both faculty and students," she said in the sworn testimony.

De La Garza claims Black was frequently late and often read or worked on writing what appeared to be a book while he was supposed to be teaching.

However, Black's defence team argues in its court filings that his contributions to the community "were nothing short of extraordinary."

"Few indeed could take credit for guiding more than 100 GED candidates to graduation, and Mr. Black's work with his colleagues to more than double the number of graduates is truly commendable," the defence filing said.

However, De La Garza refuted the claim with figures showing there had been no increase in the graduation rate of the prison's students.

THE CANADIAN PRESS

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Boat ends swim to school

Philippine blogger raises money to buy boat named 'New Hope'

Dozens of dirt-poor children in a Philippine mangrove village no longer have to swim to school while straining to hold their books above the water.

A bright-yellow, donated motorboat carried children from Layag-layag village to their elementary school yesterday when the Philipines' nearly 26-million students returned to school after a two-month break.

Government employee and blogger Jay Jaboneta said he learned of the childrens' plight last October and helped start fundraising through his Facebook account. Jaboneta raised enough money for one motorboat, and two more boats are being built.

THE ASSOCIATED PRESS

Hard journey

- Children from the village had to swim and wade through about a mile of mostly chest-deep water and cross sandbars to reach school when they could not hitch a ride on fishing boats.

Cucumbers. Destroyed

▶ Men carry cucumbers collected for destruction at a greenhouse compound outside Bucharest, Romania, because of fear of E. coli bacteria contamination. The E. coli outbreak has killed at least 22 people and sickened more than 2,300 across Europe.

VADIM GHIRDA/THE ASSOCIATED PRESS

E. coli from Europe linked to Ontarian?

An Ontario man has Canada's first suspected case of E. coli linked to the outbreak in Europe. The man — who is from Peel Region west of Toronto — travelled to Germany this spring where he consumed local salad products. Ontario's chief medical officer of health, Dr. Arlene King, says initial testing has confirmed the presence of a toxin compatible with the current E. coli outbreak in Europe. The man has been released from hospital and is undergoing further evaluation. THE CANADIAN PRESS

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News in brief

PASCAL LE SEGRETAIN/GETTY IMAGES

Wedding gown to go on display

LONDON. Royal Collection officials announced yesterday that Kate Middleton's memorable wedding gown, designed by Sarah Burton, will be on display at Buckingham Palace from July 23 until Oct. 3.

The exhibit will also display the veil, tiara, shoes and diamond earrings Middleton wore for her April 29 wedding to Prince William.

THE ASSOCIATED PRESS

Keeping an eye on Google

OTTAWA. The privacy commissioner is satisfied with the steps Google took after an investigation found the search engine broke Canada's privacy laws.

But Jennifer Stoddart says her office will still keep tabs on the company. Stoddart's office found the search engine broke Canadian privacy laws when it accidentally collected personal information from unsecured wireless networks while assembling its Street View mapping service.

THE CANADIAN PRESS

Palin's take on history spurs Wikipedia revisions

Says Revere's famous ride was to warn British that colonists were well-armed ◗ Historians disagree

Sarah Palin's version of Revolutionary War hero Paul Revere's ride has triggered a tug of war over the Wikipedia entry on that historic event that left the page shielded against further changes.

Dozens of changes were made to the Revere page on the Internet site Sunday and yesterday after Palin claimed Revere's famous ride was intended to warn both his fellow colonists and British soldiers. Yesterday the page featured a padlock, which Wikimedia Foundation spokesman Jay Walsh said provides a cooling-off period when there are numerous attempts to edit a site.

Walsh said it's difficult to say with any certainty whether those seeking to add Palin's statements are her supporters.

STEVEN SENNE/ASSOCIATED PRESS FILE

▶ Sarah Palin

While Wikipedia allows people to add information or make changes to pages, an army of dedicated users worldwide seeks to ensure the information is accurate, Walsh said.

Palin defended her position on Fox News Sunday, insisting she hadn't bungled her history.

"Part of his ride was to warn the British that were already there. That, hey, you're not going to succeed. You're not going to take American arms. You are not going to beat our own well-armed persons, individual, private militia that we have," she added. "He did warn the British."

While colonists were British subjects when Revere made his ride, historical accounts indicate secrecy was critical as Revere sought to warn Samuel Adams and John Hancock that British troops were coming to arrest them. THE ASSOCIATED PRESS

Number of displaced up sharply

More than 40-million people were forced to flee their homes because of natural disasters around the world in 2010, more than double the number during the previous year, experts said yesterday.

The Internal Displacement Monitoring Centre said the increase from 17-million displaced people in 2009 was mainly due to the impact of "mega-disasters" such as the massive floods in China and Pakistan.

THE ASSOCIATED PRESS

42M

Number of people displaced last year — roughly the size of Argentina's entire population.

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+ taxes & fees USD $59
FEATURES CocoCay and Nassau. Sails roundtrip Port Canaveral. Interior stateroom.

Southern Caribbean
7-Night Cruise from USD $349
+ taxes & fees USD $68
FEATURES St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails roundtrip San Juan. Interior Stateroom.

Western Caribbean
7-Night Cruise from USD $354
+ taxes & fees USD $90
FEATURES Cozumel, Belize City, Roatan and Grand Cayman. Sails roundtrip Miami. Interior stateroom.

Eastern Caribbean
7-Night Cruise from USD $459
+ taxes & fees USD $107
FEATURES Half Moon Cay, St Thomas, San Juan and Grand Turks. Sails roundtrip Miami. Interior stateroom.

Cruise & Stays

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Air + 2 Nights + 4-Night Cruise
from
$669*
+ taxes & fees $164
FEATURES Nassau, Freeport and Norwegian Private Island. Sails roundtrip Miami. Interior stateroom. Includes airfare and 2 nights central South Beach accom.

Anaheim & Mexico Baja
Air + 3 Nights + 3-Night Cruise from $759
+ taxes & fees $149
FEATURES Ensenada. Sails roundtrip Long Beach. Oceanview stateroom. Includes airfare and 3 nights Anaheim accom close to theme parks.

New Orleans & Western Caribbean
Air + 2 Nights + 7-Night Cruise from $1179
+ taxes & fees $226
FEATURES Costa Maya, Belize City, Roatan and Cozumel. Sails roundtrip New Orleans. Interior stateroom. Includes airfare and 2 nights 4-star French Quarter accom.

Hawai'i Air + 3 Nights + 7-Night Cruise from $1699
+ taxes & fees $209
FEATURES Maui (overnight), Hilo, Kona and Kauai (overnight). Sails roundtrip Honolulu. Interior stateroom. Includes airfare and 3 nights Waikiki accom with kitchenette.

Cruises

Hawai'i 10-Night Cruise
from USD
$799
+ taxes & fees USD $65
FEATURES Hilo, Mount Kilauea (evening sail), Kailua (Kona), Lahaina (Maui) and Honolulu (overnight). Sails from Ensenada to Honolulu. Interior stateroom.

Transatlantic
13-Night Cruise from USD $499
+ taxes & fees USD $73
FEATURES Cartagena, Seville and Ponta Delgada. Sails from Barcelona to New Orleans. Interior stateroom.

Mediterranean
7-Night Cruise from USD $535
+ taxes & fees USD $75
FEATURES Barcelona, Ibiza, Malaga and Gibraltar. Sails roundtrip Palma De Mallorca. Interior stateroom.

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7-Night Cruise from USD $699
+ taxes & fees USD $163
FEATURES Salvador, Buzios, Ilhabela and Santos. Sails roundtrip Rio de Janeiro. Interior stateroom.

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Abortion billboard sparks battle

A U.S. man's decision to lash out with a billboard ad saying his ex-girlfriend had an abortion against his wishes has touched off a court battle over free speech and privacy rights.

The sign in Alamogordo, N.M., reads, "This Would Have Been a Picture of My 2-Month Old Baby if the Mother Had Decided to Not KILL Our Child!"

The man's ex-girlfriend has taken him to court for harassment and violation of privacy. The woman's friends say she had a miscarriage, not an abortion.

THE ASSOCIATED PRESS

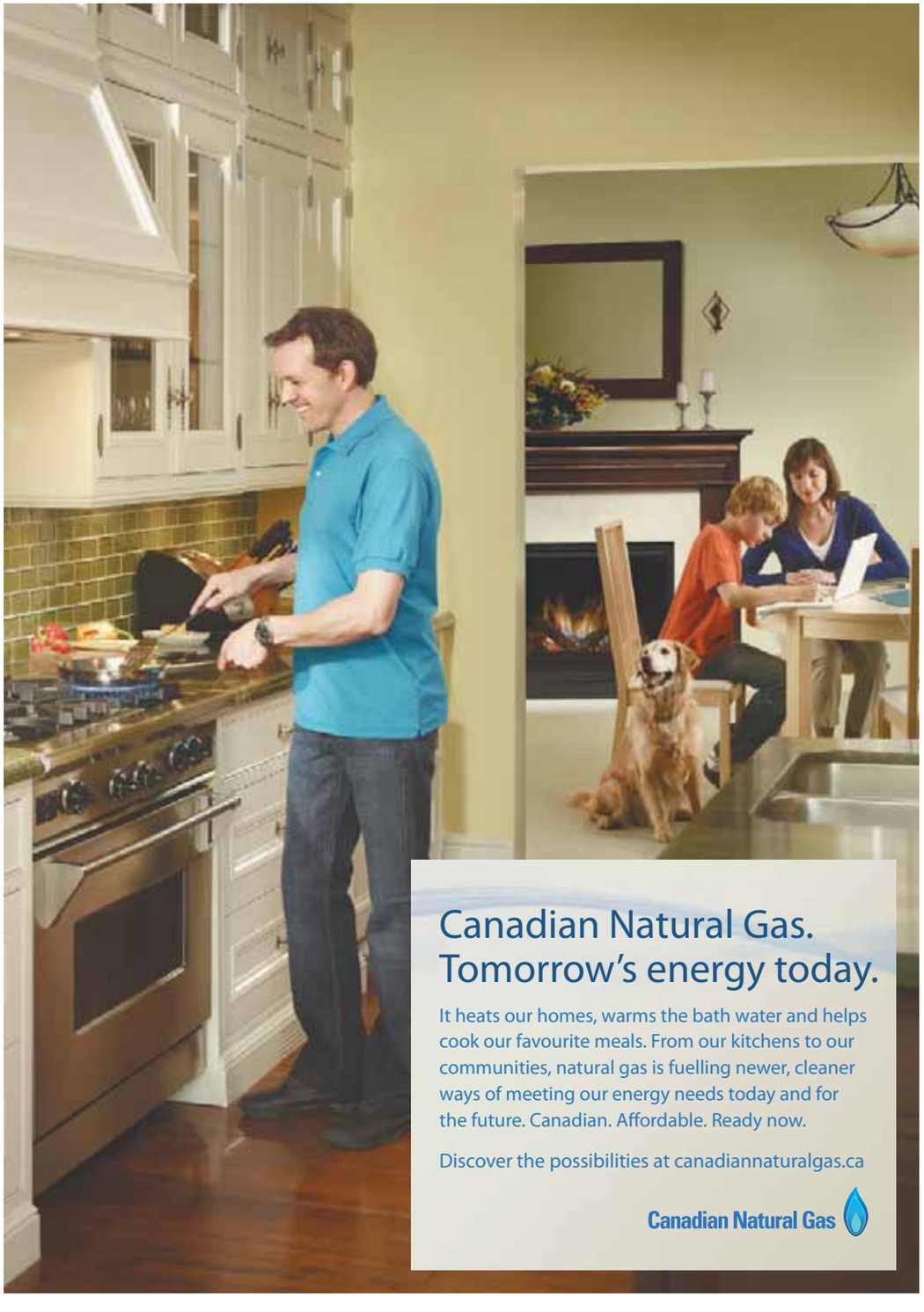
Politician apologizes over racy online pics

New York Democratic Rep. Anthony Weiner says racy, shirtless pictures that appeared on a website are of him, and he's apologizing for what he calls making terrible mistakes.

During a teary-eyed press conference yesterday, he said he won't resign.

The conservative website that last week started a furor over a lewd photo sent from Weiner's Twitter account posted new photos yesterday purportedly from a second woman, who said she received shirtless shots of the congressman.

THE ASSOCIATED PRESS



Protests honour young slain Egyptian

Police accused of killing man still on trial Marchers allege police abuses have not stopped

Crowds of Egyptians dressed in black held demonstrations yesterday to honour a young man from Alexandria beaten to death a year ago in a savage attack blamed on police that helped inspire the uprising that brought down Egypt's president.

Photographs of Khaled Said's badly disfigured and bloodied face were posted on the Internet and became an instant rallying point for campaigners trying to bring attention to rampant police brutality under the regime of Hosni Mubarak.

A Facebook page in his honour called "We are all Khaled Said" was used months later to call for the protests that toppled Mubarak Feb. 11.

THE ASSOCIATED PRESS

Circumstances

The circumstances of Khaled Said's slaying — witnesses say two plain-clothes officers dragged him from an Internet café and beat him to death on the street — resonated with young Egyptians.

- The reason he was confronted by police has never been fully explained.

Housekeepers. Court

▶ Local New York City hotel housekeepers wait for the arrival of former International Monetary Fund chief Dominique Strauss-Kahn yesterday at Manhattan Supreme Court.

ANDREW BURTON/GETTY IMAGES

Not-guilty plea in rape scandal

Dominique Strauss-Kahn pleaded not guilty to charges he tried to rape a Manhattan hotel maid. The French diplomat appeared in court for the first time since he was released on $6 million in cash bail and bond last month.

Gabon. Crash

▶ Military police investigate a partially submerged cargo plane, which crashed off the coast of Gabon yesterday.

JOEL BOUOPDA TATOU/THE ASSOCIATED PRESS

Four survive plane crash

The plane went down yesterday morning. Authorities at the scene said the four-man crew survived and were taken to a local hospital.

Syria claims 120 killed

Unconfirmed report could signify a violent turn for previously peaceful protests Deaths could be a result of mutiny of armed forces personnel

Armed men killed 120 members of Syrian security forces and torched government buildings yesterday in a northern region where troops have unleashed deadly assaults on protesters for days, Syria said. The government vowed to respond "decisively," hinting at an even more brutal crackdown.

If confirmed, the attack in the north would be a turning point in what so far has largely been a peaceful uprising threatening the 40-year rule of President Bashar Assad.

Opposition activists were skeptical of the official casualty toll, saying the authorities were setting the stage for a new onslaught. But even they acknowledged there was fighting, although it was not clear who was involved.

Communications were cut to the area around Jisr al-Shughour yesterday and the details of the attack were impossible to verify, but there have been unconfirmed reports by activists and residents in the past of Syrians and even mutinous troops fighting back against security forces.

The surprisingly high death toll among pro-regime troops would suggest some sort of major backlash against the crackdown against the uprising — though by whom was unknown because of the seal over the area. Regardless of who carried out yesterday's attack, it shows new cracks in Assad's rule.

THE ASSOCIATED PRESS

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BREW BLOCK

Molson, NHL to appeal

Molson Coors Canada and the National Hockey League plan to appeal an Ontario court ruling that would block what has been called the most lucrative sponsorship deal in the league's history.

Meanwhile, the Denver-based brewer said it's committed to advancing the $375-million deal with the NHL despite what it called a "surprise" ruling last Friday. Judge Frank Newbould of the Ontario Supreme Court upheld a claim by rival brewer Labatt that the NHL reneged on a deal it had in place when it signed with Molson Coors.

In a news release yesterday, Molson Coors CEO Dave Perkson said the company was disappointed, "given we entered into negotiations with the NHL in good faith." THE CANADIAN PRESS

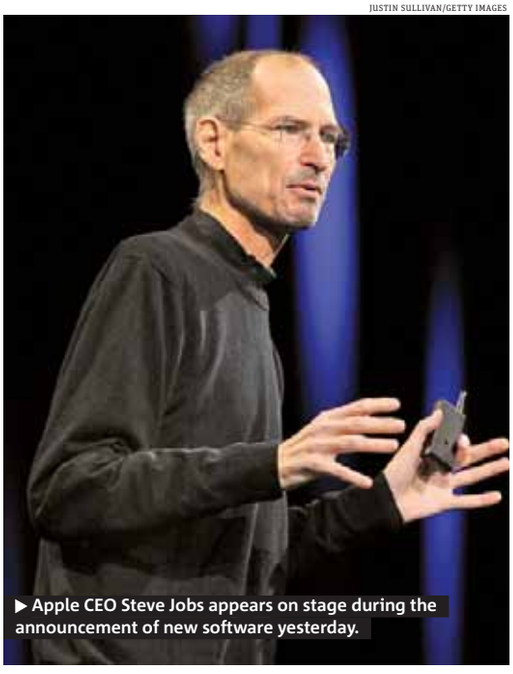
Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
– 199.25 (13,318.66)	– 0.26¢ (101.96¢ US)	– $1.21 US ($99.01 US)	$4.827 (+ 12¢)	$1,547.20 (+ $4.80)

Apple gets more in sync

JUSTIN SULLIVAN/GETTY IMAGES



▶ Apple CEO Steve Jobs appears on stage during the announcement of new software yesterday.

New system allows users to zoom in using fingers on the trackpad

Apple CEO Steve Jobs introduced his company's latest, highly anticipated project, the iCloud, yesterday at Apple's Worldwide Developers Conference in San Francisco.

The free service automatically synchronizes music, documents, photos, mail, calendar, contacts, apps and iBooks, and backs up content — all via Apple's servers. It will be available this fall.

"We're going to move the centre of your digital life into the cloud," Jobs said. "If I get something on my iPhone, those pictures are in the cloud and they are now pushed down to my devices completely automatically. And now everything's in sync without me even having to think about it."

The company also introduced an operating system, dubbed Lion, which has 250 features and will be available in July. Meanwhile, the company's new iOS will allow users to sync devices via Wi-Fi and it will debut this fall.

SAM CASTONE, METRO WORLD NEWS

Instant buzz

- RIM's BlackBerry Messenger is getting new competition after Apple revealed plans for iMessage.
- The instant chat app will let Apple users exchange texts, pics and videos, just as BlackBerry users do with the popular BBM program.

THE CANADIAN PRESS

Tokyo employees clock in early to conserve

Facing a summer power crunch, some Tokyo city government employees began working an hour earlier yesterday to conserve energy amid shortages caused by damage to a tsunami-hit nuclear plant.

City workers on the earliest shift will start at 7:30 a.m. and be allowed to leave at 4:15 p.m.

By better using early daylight hours this summer, city officials hope to use less air conditioning and less office lighting at night.

"It should be a good thing, and it doesn't require any cost," Tokyo's outspoken Gov. Shintaro Ishihara said Friday. "I think all of Japan should shift to summertime hours."

To prevent blackouts in the wake of the March 11 disaster, which knocked out Tokyo Electric Power Co.'s Fukushima Dai-ichi nuclear power plant, the government has asked companies and government offices to cut electricity usage by 15 per cent. It wants companies to limit air conditioning and officials are also encouraged to follow a new dress code called Super Cool, which includes lighter clothing such as polo shirts and sneakers to keep cool.

KOJI SASAHARA/THE ASSOCIATED PRESS

▶ Facing a power shortage, city workers in Tokyo leave the office yesterday after starting work early. The shift change aims to reduce energy usage during the summer months.

Households are urged to use electric fans instead of air conditioners, unplug appliances and raise temperatures on refrigerators.

TEPCO expects to supply 53.8-million kilowatts for Tokyo and its vicinity in July, which is short of an estimated demand of 60-million kilowatts. Tokyo uses one-third of TEPCO's output. THE ASSOCIATED PRESS

9,500

Some 9,500 workers will be starting work early by the end of the week. By July, the number will grow to 25,000. Teachers, police, firefighters and medical experts will be excluded.

Outgoing Tim's CEO gets $5.7M settlement

The outgoing CEO of coffee chain Tim Hortons will receive $5.7 million in a settlement after he abruptly left the company last month, documents filed with regulators show.

In May, Don Schroeder suddenly stepped down as CEO after three years at the helm and 20 years service with the company.

Neither he nor Tim's have given a reason for his departure.

Schroeder will receive a lump-sum payment, monthly payments over the next two years, ownership of his company car and is eligible for health benefits until 2013. Under the agreement, his departure will be considered as "retirement."

For the next two years, he will also serve as an advisor on sustainable farming. THE CANADIAN PRESS

Lunch with Buffett gets hefty bids

Two bidders have driven up the price of lunch with billionaire Warren Buffett to more than $1.5 million.

The funds will support the Glide Foundation, which helps the poor in San Francisco. The winners usually dine with Buffett for several hours at New York's Smith and Wollensky steak house.

ALEX WONG/GETTY IMAGES

▶ William Buffett

The only topic off limits is what Buffett is planning to invest in next. THE ASSOCIATED PRESS

Latest proposal rejected

Canada Post rejected yesterday the latest proposal from negotiators for 50,000 urban workers, but backed away from a thorny proposal to create more part-time positions to deal with a decline in mail.

The Canadian Union of Postal Workers said rotating strikes will continue for a fifth day today. THE CANADIAN PRESS

GOING THE DISTANCE JUST NOT WORTH IT

SHE SAYS ...

JESSICA NAPIER
METRO

Throughout my dating history, I have tried and failed at two long-distance relationships. As a result of these short-lived and relatively miserable love affairs, I would recommend that you never, ever try dating that involves a commute.

My first attempt was a trans-Canada romance that happened long before the days of Skype and face-time video chatting. Back in 2004 BF (Before Facebook), our cross-country correspondence involved carefully scheduled phone dates, emailed JPEGs and even the occasional handwritten letter.

Over the course of a year, the physical separation created an emotional distance between us and our once-optimistic relationship degenerated into a series of teary airport goodbyes and melancholy "I'll miss you" moments. The romance fizzled; after not seeing each other for months at a time, the only thing giving me heart palpitations was my phone bill.

"The romance fizzled; after not seeing each other for months at a time, the only thing giving me heart palpitations was my phone bill. Never again, I swore."

Never again, I swore. Until, of course, I decided to try it again.

A little more than a year later, I started long-distance dating on a much smaller scale. He was just outside of the city, a quick two-hour car ride would be fine, I thought; we'd see each other all the time.

We didn't.

This time, it was the age-old Country Mouse, City Mouse problem. He would always favour fresh air over bright lights and nothing would make me relocate from my beloved downtown.

And, so, we parted ways, and I swore (for real this time) to never, ever date outside of my postal code.

With each failed relationship I came to realize that the more you concern yourself with long-distance rates and gas prices, the less time you spend nurturing a meaningful connection with your mate.

Even if you can handle the lack of physical intimacy, turbulent emotions and financial strain, being apart for weeks or months at a time takes an enormous amount of trust. Anytime your partner doesn't answer the phone you'll wonder where they are, but more importantly, who they're with. Monogamy isn't dependent on geography but being in the same general vicinity and seeing each other on a regular basis certainly helps curb those jealous tendencies.

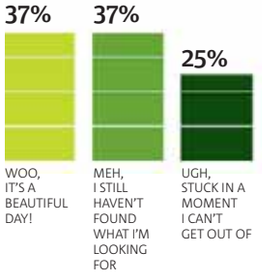
So, what are we to believe — is it out of sight, out of mind, or can absence truly make the heart grow fonder?

If you've beaten the odds and are in a successful, fulfilling long-distance relationship, then congratulations. But it's important to remember that mythical long-distance couples who make it work are always the exception, never the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

How would you feel if you picked up a hitchhiker and it turned out to be Bono?



Local tweets

- **@jiawench:** 8 wins in 54 appearances in Boston for #Canucks in their 40 year history; 1-26 all-time when trailing a series 0-2 for #Bruins. advantage _?
- **@swimbikerunbrew:** FYI #Bruins, 2 make a tee time for Thurs morning, call the #Boston GC at (781) 741-5123. Tell the starter the #Canucks sent u. #bringithome
- **@Hotel540:** For those paying attn to our #Canucks predictions last Saturday you already know that we were 100% correct. Join us Game 3 tonight #Embers.
- **@KardboardsGF:** @ivanjwong Just changed into my #canucks gear getting ready to head out! Too warm for the scarf tho! @jamilliaWong @Kardboard
- **@shay_eh:** I hope Tambellini scores before this is all over. It'd be so storybook! #Canucks #bringithome
- **@lauradirty:** Seriously killing me not being in Van right now! I need to be with my @VanCanucks Fans ;) #ruinthebruins #Canucks #Boston #StanleyCup

Worth mentioning

LOS ANGELES. An international mission will chart the saltiness of the ocean — from outer space.

An Argentine-built spacecraft carrying instruments from the United States and other nations is set to launch Thursday from the Vandenberg Air Force Base along the central California coast aboard a Delta 2 rocket.

The craft will circle 657 kilometres above the Earth and will use a NASA-built instrument to map weekly changes in the levels of brine in the sea. NASA's Aquarius instrument is so sensitive that it can detect changes down to a dash of salt in a gallon of water.

Nearly three-quarters of the Earth's surface is covered by water, which contains about 3.5 per cent salt. Though the amount of salt in the world's oceans remains mostly unchanged, the brine concentration in the topmost layer varies around the globe.

Understanding how brackish the sea surface is will help researchers better predict future climate change and short-term climate phenomena such as El Niño and its alter ego La Niña.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Cops continue to confound Pink Panthers

Montenegrin police report they have arrested an alleged member of the international gang of jewel thieves known as the Pink Panthers.

Police identified the man as Igor Jocic, a citizen of neighbouring Serbia. They said he was trying to cross the border between the two Balkan states. They did not specify the alleged crime he has committed.

The members of the gang are believed by Interpol to be from Balkan countries. They are the prime suspects in a series of thefts that have netted more than $175 million US of jewels and watches over the past decade in Europe, Asia and the Persian Gulf.

International police have said more than 25 arrests have been made in recent years and 400 people are being investigated.

The Pink Panther gang is named after the 1963 movie starring Peter Sellers as the bungling Insp. Clouseau.

THE ASSOCIATED PRESS

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2 scene

Simple Plan mixes it up with big guest stars

Montreal band does songs with Natasha Bedingfield, Rivers Cuomo and K'Naan on its new album Get Your Heart On! Band seeks to return to its roots after flirting with electronica

KAREN BLISS
SCENE@METRONEWS.CA

HANDOUT

Simple Plan are set to release a new album, Get Your Heart On!, June 21.

Montreal's Simple Plan is one of Canada's biggest bands of the 21st century, with sales in excess of seven million albums worldwide.

The newest, Get Your Heart On! (out June 21), is filled with the trademark anthemic choruses that made it so popular out of the gate.

On the band's 2008 self-titled album, frontman Pierre Bouvier, drummer Chuck Comeau, guitarists Jeff Stinco and Sébastien Lefebvre, and bassist David Desrosiers did veer away from the straight-up pop-rock thing just a bit with electronic programming. This time they're back to the purity of 2002's No Pads, No Helmets … Just Balls, and 2004's Still Not Getting Any…

But, they didn't just go back to the same old formula. Simple Plan invited some specials guests to sing on the album — K'Naan on Summer Paradise, Rivers Cuomo of Weezer on Can't Keep My Hands Off You, and Natasha Bedingfield on the first single, Jet Lag.

"It's the first time we've had a female guest vocal," says Bouvier during an interview. "Well, it's more like a duet. There's so many parts for the girl."

Of the K'Naan appearance, Bouvier says the rapper was in Los Angeles at the same time Simple Plan was recording and popped into the studio for the day.

"It was a little guitar thing and we called him up and said, 'We want you to rap on that part.' All I said was, 'Can you end it with 'and I'll be there in a heartbeat?'"

Cuomo was a major coup. Bouvier and Comeau, the band's main songwriters, collaborated with many outside writers for Get Your Heart On! and one of those people was the Weezer frontman.

"He's a really shy person and very introverted person," Bouvier says. "Love the guy, super nice, but I'd say a little bit awkward and he'd probably even say it himself.

"We've met some people who have co-written with him and we said, 'Yeah, he's singing on our song,' and they say, 'He's singing on your song? He must've really liked you guys because he doesn't do that a lot.'"

Celebrity

Question: Loser of the Year is clearly about celebrity and fame, but what is the point Simple Plan is trying to make?

Answer: "The song is a caricature of this situation, an exaggeration of it, basically because I don't have a fridge full of champagne and I don't hang out with Lil Wayne," says Bouvier. "The idea behind it is no matter what I have, all this money and all these things — we pushed it to the extreme (in the lyric); it's not really what we're living — because I'm so famous doesn't mean s—t if I don't have you with me; If I don't have you, then I'm really just loser of the year. But what was also cool, and I saw a different side of it a few months back, was this song might actually sound like it might be about having fans. It sounds like it could be about us onstage, saying, 'I have all this s—t and I've got these fancy cars and big mansions and champagne, but if you're not there, then I'm just a loser.'"

Scene in brief

The cast of MTV's Jersey Shore will return to New Jersey to tape the fifth season of the reality series after the cast says ciao to Italy.

MTV's parent company, Viacom, has announced that production will begin in Seaside Heights sometime in June.

The fourth season, which was taped in Florence, Italy, is scheduled to premiere Aug. 4.

Italian police recently revoked Nicole "Snooki" Polizzi's international driver's license after the Jersey Shore star was in a fender-bender with a police car. Two policemen were slightly injured.

THE ASSOCIATED PRESS

Supreme Court turns away actor Wesley Snipes' appeal of conviction of tax charges. Scan code for story.

DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Coen's stay True to tale

True Grit
Genre: Western
Directors: Ethan Coen, Joel Coen
Stars: Jeff Bridges, Matt Damon and Hailee Steinfeld

When Joel and Ethan Coen announced they were filming True Grit, word was it would be different from the 1969 Henry Hathaway oater that won John Wayne his Oscar for Best Actor.

That's partially true and mainly to the good. The Coens are amazingly loyal to the dialogue and plot of Charles Portis's wry and wondrous source novel, and they place more emphasis on 14-year-old avenger Mattie Ross than they do on flinty deputy marshal Rooster Cogburn.

They deliver a film of far superior technical brilliance to Hathaway's, and their casting choices range from smart (Jeff Bridges as the one-eyed Cogburn, Matt Damon as Texas Ranger LaBoeuf) to pure genius (newcomer Hailee Steinfeld as Mattie). True Grit is also one of the least "Coenesque" of the brothers' films. You look in vain for much evidence of their wicked humour.

Extras include several making-of featurettes plus insights from the cast and crew. PETER HOWELL

Just Go With It
Genre: Comedy
Director: Dennis Dugan
Stars: Adam Sandler, Jennifer Aniston and Brooklyn Decker

Remember the last really funny Adam Sandler comedy? I'm struggling to recall it — The Wedding Singer, anyone? — and it's abundantly clear that Sandler is caught in his own memory gap. As he wrestles with an uncomfortable middle age, he's either forgotten or ceased to

care about how to make people laugh. Take Just Go With It (please!), the latest noxious emission from his Happy Madison gas factory. It's a movie so lazily constructed, it risks offending the indolent. PETER HOWELL

Sheen and baby mama make deal

Brooke Mueller and Charlie Sheen reportedly reach agreement over custody of twins after long-standing fued Details remain under wraps

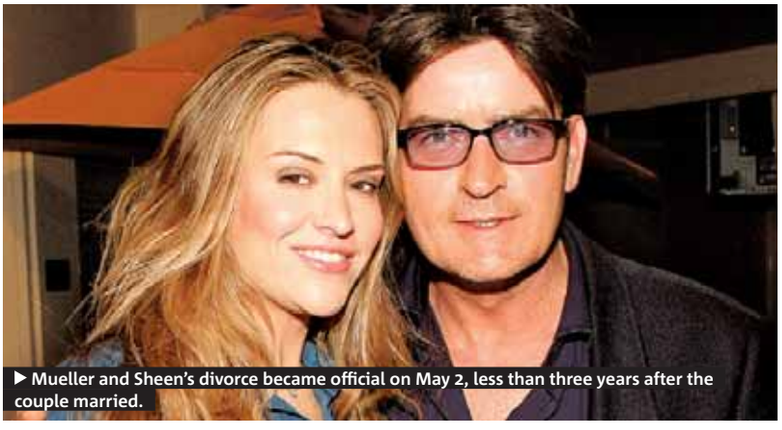
After months of bitter negotiations, Charlie Sheen and ex-wife Brooke Mueller have reportedly reached an agreement for custody of their twin sons, Bob and Max, according to Us Weekly.

The two are said to be "satisfied" with the new terms, which weren't disclosed.

The agreement brings a civil end to a custody battle that involved the boys being removed from Sheen's home by authorities in March.

METRO

ALL PHOTOS GETTY IMAGES



▶ Mueller and Sheen's divorce became official on May 2, less than three years after the couple married.

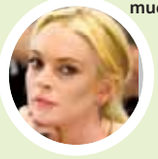
Celebrity tweets

@russellcrowe

"In soggy London today. Was planning a walk around Hyde Park, might get some sleep instead."

@lindsaylohan

"I love reese witherspoon sooooo much!!!!"



@ParisHilton

"Bye Spain! Love you! Taking off back to LA!"

@ConanOBrien

"All right, who keeps throwing empty beer cans in my pool and erasing my memory?"

Heidi Klum shows off 'the body'

At 38 years old and a mother of four, Heidi Klum still isn't afraid to let it all hang out.

The supermodel reportedly went nude for an ad campaign for the new season of her series, Project Runway, according to the Hollywood Reporter.

Nancy Dubuc, the head of Project Runway network Lifetime Television, says a nude Klum will help the network convey a new message "brazen, strong, confident and sexy" women.

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3 life

Flaxseed

Women looking for a natural remedy for a common menopause problem have a disappointment. A study finds that eating flaxseed does not curb hot flashes.
Hormone pills ease hot flashes, but they can raise the risk of breast cancer and are not safe for women who have had that disease. Flaxseed has weak hormonal effects, and doctors thought it might help. Mayo Clinic researchers tested it in 178 women who had at least 28 hot flashes a week. About half previously had breast cancer.
THE ASSOCIATED PRESS

Study finds hormone-blocking drug reduces risk of breast cancer with fewer side effects

ISTOCK PHOTOS

▶ Guide dogs play a big role in the life of any blind person.

Seeing the blind life

Jeff Berwick takes Metro through a day in his life as a blind man to raise help awareness

CELIA MILNE
LIFE@METRONEWS.CA

It's a day in the life of Jeff Berwick.

He's an ordinary guy, married with two kids, commuting two hours each way from Oshawa to Toronto and back.

What's different about Berwick is that he's doing it blind.

"I don't let too many things get in my way," Berwick tells Metro.

This soft-spoken 38-year-old became blind at 13 when the bone holding his optic nerve didn't grow normally, pinching off his sight.

With the aid of a guide dog and a keen sense of touch and sound, he navigates a complex network of buses, trains and subways to get to his job in customer service at the Ontario Medical Association.

"I don't let too many things get in my way"
JEFF BERWICK

Once there, his computer speaks to him and he does his job so seamlessly that sometimes his coworkers forget he's blind.

During time off he does what other people do: mundane tasks like emptying the dishwasher and more exciting events like attending sports events his kids Spencer, 7, and Asher, 3, are involved in.

"Look at me, Daddy!" Asher will often say, too young to understand his dad can't see him.

Berwick is helping to raise awareness of what it's like to be blind and some of the tools that can help people with disabilities live normal lives. A short documentary which profiles a day in the life of Berwick is available at: youtube.com/accessible-media

When you open the video, you'll see a shadowy black overlay, which is intended to give you are sense of what it would be like to watch YouTube videos if you had low vision.

Describing television

One of the things Jeff Berwick loves to do, like people who are not blind, is to chill out at the end of the day with his family, watching TV or the latest movie.

He uses a new channel called The Accessible Channel (TACtv), which provides a voice description of what's going on as it happens on the screen.

"Described video is great," says Berwick.

"It allows a blind person to watch a show that is described visually. It's like a whole new world. I don't have to wait to find out why people laughed three seconds ago."

TACtv is produced by non-profit Accessible Media Inc.

Another AMI product is VoicePrint, which provides blind people with access to leading newspaper and magazine articles that have been read and recorded by volunteer voices. Berwick is happy to help promote AMI.

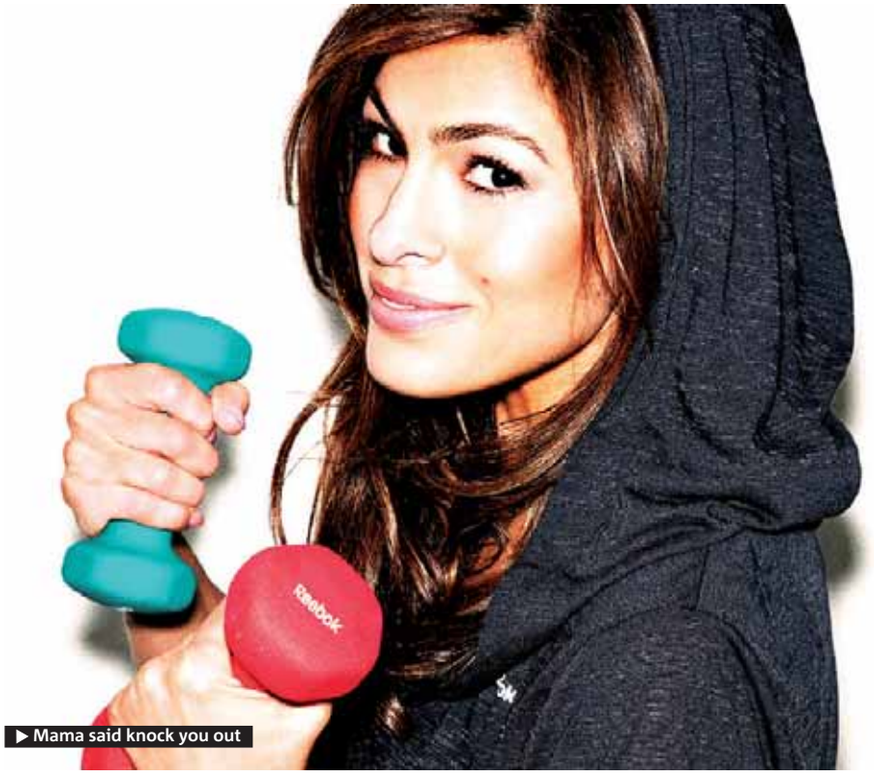
"We produced this commercial so that people would say, 'you're are not as different as I thought'."

CELIA MILNE

TORSTAR NEWS SERVICE FILE PHOTO

▶ Descriptive video is helping blind people watch TV.

METRO WORLD NEWS



▶ Mama said knock you out

Mendes' mentality

Eva Mendes tells Metro how she keeps motivated when working out

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Trust the women with the confidence to let the whole world see her in her underwear to give you some useful body tips. Super toned Eva, star of The Other Guys, lets us in on her daily fitness regime

Why is it good to mix up your exercise routine?
Staying fit is important to me but I like to switch up my routine so that it doesn't get boring. I can't do the same thing every day, so I'll either go to a class, work out with a personal trainer or I'll work out by myself. I love being outdoors so I go mountain climbing or hiking in Runyon Canyon Park (L.A.) with my dog Hugo. I make sure I cool down and stretch properly after a tough workout.

Do you get upset if you eat a piece of chocolate ?
I believe in keeping a healthy, balanced diet. Balance is key I don't believe in denying myself anything and it's no secret I love chocolate. I won't punish myself if one day I indulge and eat something that is less healthy because consider that overall my diet is healthy. I eat a lot of fruit and vegetables and I try to always have some around for a snack in case I get hungry. I also love grilled fish, especially salmon.

Do you use mediation?
I try and find the time to meditate every morning to make sure I am centered and focused for the rest of the day. At night once I've taken off my make up I like to give myself some time to relax and reflect on the day before going to bed.

How do you stay motivated?
Like most women, I don't always love working out. It can be really easy for me to make excuses at the end of a long day or when the alarm goes off. It's not difficult for me to talk myself out of exercising. So then I tell myself it's something that I have to do if I want to feel good about myself.

Do you feel bad when you don't work out?
Exercising really helps me stay fit mentally and physically. When I don't do it, I can feel the negative effects both mental and physical. Exercise is a stress release for me as well.

Making a case for ADHD drugs

DR. VICKI PANACCIONE
CHILD PSYCHOLOGIST

▶ Could medication help your child?

Kids experience a lot of problems with ADHD… some inadvertently caused by their parents. Don't get me wrong, these are well-meaning parents.

You can't blame them — it seems every few months, a new study comes out about medication and its dangers or benefits or shortages. I don't prescribe medication. But what I will do is thoroughly evaluate a child to determine if he, in fact, has ADHD. As a child psychologist, it's my job to make the best recommendations I can. Then, it's the parents' job to decide to follow them or not. What I have found in over 25 years of working with kids is that medication has had the most positive effect in helping kids who have problems with ADHD. The improvement in their attention, focus and behavior can be astounding. Medication for children who are truly and accurately diagnosed with ADHD can help alleviate the problems with ADHD. Then why are parents still so resistant?

Here's an analogy: You find out your child needs glasses. There is no blood test and the eye tests are all subjective. But, you might decide that you really don't want to have to put glasses on your child's face, so you look for other alternatives. I guess we could sit your child really close to the board, give him LARGE PRINT books and have someone walk with her. Or, we could give them glasses.

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Watermelon Green Tea

This deliciously refreshing and antioxidant-rich combination of watermelon, pomegranate and green tea provides the energy needed to stay alert, hydrated and refreshed all day.

For a special occasion, add a splash of effervescence like Champagne or soda water.

THE CANADIAN PRESS/ WATERMELON.ORG

Ingredients:

- 1 l (4 cups) watermelon puree
- 500 ml (2 cups) pomegranate juice
- 1 l (4 cups) prepared and chilled strong green tea
- 250 ml (1 cup) white grape juice
- Ice, for serving

Preparation:

1. In a large container, mix ingredients together and chill. Stir before serving and serve over ice.

Tableau Bar Bistro offers West Coast take on Nicoise

French-inspired eatery does it right

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Picture this: You're on a rocky beach. You're staring out at the Mediterranean sea when you realize it's lunchtime.

Being scantily clad in Nice, you're naturally craving the light, local specialty: a Nicoise Salad. Fortunately, they're sold all over town.

Cut to reality: You're in Vancouver, it's raining, but you're still craving the Nicoise. Luckily, French-inspired Tableau Bar Bistro — straight out of a movie scene set in a posh hotel — just opened, and its take is better than the classic (made with canned tuna).

Though small, this 'snack' is perfect for summer. The four ounces of seared Ocean Wise tuna topping the salad were fresh, flavourful, and artistically splashed with a great tomato pulp vinaigrette. Also delectable were the sun-dried tomatoes and olives. Standard elements of the Nicoise — hard-boiled egg, potatoes, and green beans — were plated with perfection.

Tableau Bar Bistro
1181 Melville St.
604-639-8692
tableaubarbistro.com
Client negotiations: Yes
Price range: $8 - $21
Rating: 4 out of 5

ERIN IRELAND

▶ Tuna Nicoise from Tableau Bar Bistro.

A simple taste of Tuscany

Preparation:

1. In skillet, heat half of the oil. Brown chicken strips well on all sides over medium-high heat. Remove chicken and keep it warm.
2. Heat remaining oil in the same skillet. Add shallot and cook for 2 minutes. Stir in balsamic vinegar, soup, water, sun-dried tomatoes and sliced rosemary. Return chicken to skillet. Bring to boil. Reduce heat and simmer for 5 minutes or until the chicken is no longer pink inside, stirring occasionally.
3. In a serving bowl, combine chicken gently with penne and sprinkle with Parmesan cheese.

THE CANADIAN PRESS/ COOKWITHCAMPBELLS.CA

Ingredients:

- 2 tbsp (30 mL) olive oil
- 1 lb (500 g) boneless, skinless chicken breasts
- 1 shallot, finely chopped
- 3 tbsp (45 mL) balsamic vinegar
- 1 can condensed cream of chicken soup
- 3/4 cup (175 mL) water
- 1/4 cup (60 mL) thinly sliced sun-dried tomatoes
- 1 tbsp (15 mL) rosemary
- 4 cups (1 L) hot cooked penne pasta
- 3 tbsp (45 mL) grated Parmesan cheese

THE CANADIAN PRESS H/O

▶ This quick meal takes just three steps to make.

TRY TO AVOID DRAMA

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I have a dilemma. I broke up with my now ex-girlfriend about six months ago. We still see each other every once in a while because we share some of the same friends. I have no feelings towards her, but one of her best friends has started to flirt with me ... and I like it. How wrong is it to go out with my ex's best friend?
Confused.

Claire: Dear confused-doesn't-even-begin-to-cover-it,

Ack. Couldn't you have asked a simple question, about the death penalty, or euthanasia or something?

Here's the simple answer: date her, and things will get complicated. Don't date her, and you'll keep it as simple as you make things sound right now.

We've all been there, but most of us left as fast as we could: we've all liked and been liked by someone we shouldn't. Stay away from that group of friends until you meet another girl you find fabulous. Your ex likely still misses you and will be doubly heartbroken if you not only dumped her but then decide to take up with her best friend. As for her best friend, she'd likely lose a lot of their mutual friends. Run. Now.

Andrea: Dear Gossip Girl cast member,

It's totally normal to be attracted to your ex's friends. You likely all share similar interests, and there may be some qualities you admire in BFF that you also admired in your ex.

However, what's the likelihood that BFF also shares some of the same faults that made you break up in the first place?

You don't want to be a man-whore and create all this drama in the group for nothing — it gives new meaning to "keeping it in the family."

Are you interested because she's easily accessible, or because you truly like her? If it's the first, then you need to weigh your needs as a male against the needs of the group to stick together.

My suggestion: if you haven't dated anyone since your ex, go out and find some fresh meat. It'll help you scratch the itch and give you some perspective.

If at this point you're still convinced that her BFF is your next GF, then go for it, but this doesn't mean you can make out in front of your ex.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

CONTRIBUTED

▶ Elben and Tara.

FINDING LOVE AFTER A TIME OF SADNESS

Names:
Elben, 23, and Tara, 26

Hometown:
Vancouver

Together since:
2010

It was the end of January 2010, and my father had just entered hospice after a very short and devastating battle with brain cancer. He passed away a few days later.

As I (Tara) was walking back into his room to say my final goodbye, I crossed paths with my father's nurse, who was walking out. He asked how I was, and I quickly found myself confiding in this stranger. I was instantly drawn to him. We chatted briefly and then parted ways. I found myself still thinking about him days afterwards, so I decided to look him up on Facebook.

I tried Alvin, Elvin, Alben, until I finally got his name right (Elben) and sent him a message.

We have been inseparable ever since. I haven't had this much fun in a long time. Elben helped me get through what would have been one of the toughest years of my life with lots of love and support.

We have been living together for a while now, and every day is a laughing riot! I feel as though I traded one sweet angel for another.

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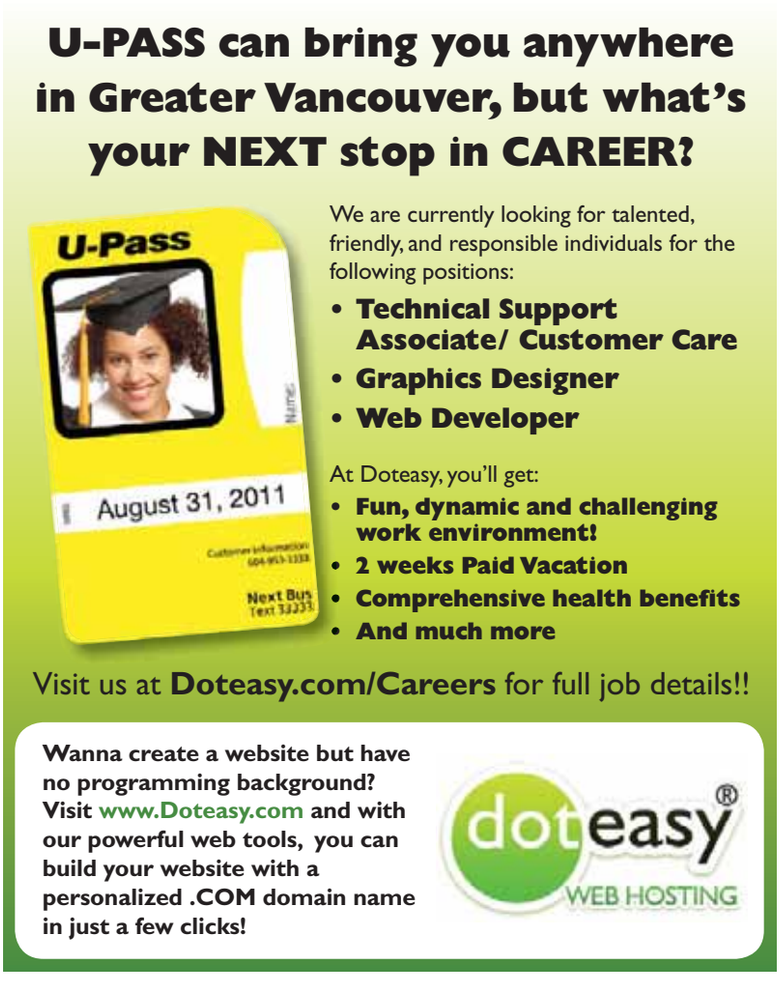

Don't let fees kill your returns

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Canadians are increasingly aware of the existence of management expense ratios (MERs) for mutual funds. The average MER is between 2.25 and 2.5 per cent but much higher for seg funds sold by insurance companies. These fees are deducted off the top of the fund's return so you never actually see the amount.

MERs compensate mutual fund companies for management and research and also pay advisors/salespeople for service and advice.

MERs in Canada are generally in the range of one to two per cent higher than comparable funds in the U.S. You have to wonder about that since the majority of Canadian funds actually beat their benchmark index.

Frankly, the lack of interest in mutual fund fees has always puzzled me. Most of us don't feel we're getting much service for the fees we're paying. But do we complain? No.

David Chilton, the author of the Wealthy Barber bestseller, talks about this puzzling ambivalence toward investment fees in his entertaining seminars. He points out that, to most people, a 2.5 per cent fee doesn't sound like much.

For example, if I tell you that an item costs $100 and fees will add another 2.5 per cent, or a mere $2.50, you are likely to shrug. In an age when sales taxes add 13 to 15 per cent to the cost of so many goods and services, 2.5 per cent seems cheap

"Keeping mutual fund fees low will do more for your bottom line than anything else."
- ALISON'S MONEY RULE

ISTOCK

▶ Stop mutual fund fees from getting caught under your collar.

Everyone agrees when Chilton presents it this way. Then he neatly flips things around by pointing out that if a mutual fund produces an eight per cent return before fees are deducted in a given year, the fee portion amounts to a staggering 31 per cent of that return. And you pay those fees year in and year out, for as long as you hold the fund.

Now that's a real growth killer.

Smart investing

Make the most of your mutual fund investments:

- Always ask advisors for lower fee versions of funds they recommend.
- Ask if there are comparable funds with as good or better performance and lower fees.
- Buy no-load funds to eliminate sales commissions (a.k.a. front-end loads and deferred sales charges).

POPQUIZ

uh-oh! You just received a letter from the taxman...now what?

A: I hear there's a place in the Yukon that doubles as a haven for tax refugees

B: Find your paperwork, pay up front and deal with it.

FIND TIPS & TRICKS
in Alison Grifiths' Alison on Money Column:
Don't ignore that envelope from the taxman.

This column and more available at
Metronews.ca/YourMoney

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TO LEASE OR BUY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the market for a new car? Weighing the pros and cons of leasing vs. buying?

According to LeaseGuide.com if you plan to drive a vehicle for more than six years, buying is often more affordable in the long term.

However, monthly lease payments are significantly cheaper than financing payments.

When you buy a car, you own it forever. Leasing is like renting and you don't actually own the car; rather, you pay to use it for a specific period of time.

When that time is up, you have the option to buy the car, or walk away from it.

Lease payments are 30 to 60 per cent cheaper than financing payments because you aren't paying off the vehicle; you're effectively covering the cost of depreciation.

Leasing can work better when you absolutely need a car, but can't afford the down payment and/or monthly payments associated with purchasing one or if you don't want your cash tied up in expensive car payments (hopefully you'll invest the savings in your RRSP!).

If you're a business owner, lease payments can be written off (tax deductible). When you lease a vehicle, keep in mind you're only allowed to drive a certain amount of kilometres each year.

If you go over your mileage allotment, you can be charged steep mileage rates/penalties.

Typically leasing works best for people wanting to; make low payments; drive a new car every few years; not worry about huge maintenance costs; drive a predictable amount of kilometres; handle regular light maintenance; and not build equity (trade in or resale) in a depreciating asset.

Buying works best for people wanting; low long-term costs of driving a vehicle; to drive their car for a long time; to manage maintenance and repair services; unlimited annual kilometres; to build equity (trade in or resale); the freedom to buy or sell whenever.

To benefit most from car ownership, buy used and drive your car for a long time.

Mall rat realities

Journalist pens book about what it's like to work in retail Eye-opener about the pressure to sell, sell, sell

CHRIS YOUNG/THE CANADIAN PRESS

▶ Author Caitlin Kelly

Freelance journalist and author Caitlin Kelly is perched on a stool in a coffee shop at the Eaton Centre, one of Canada's venerable shopping malls, talking about how her two-year stint working retail in a New York City suburb has altered the way she views the shopping experience.

She's more aware of what might be going on behind the scenes, and to some degree she's also appraising the quality of the sales associates.

"Are they paying attention, are they helpful, friendly, do they know their stuff? I'm not a manager but I now see it with a more managerial eye because I've been that person, and I know."

Her new book Malled: My Unintentional Career in Retail is an eye-opener for anyone who's never experienced the world behind a retailer's cash desk, in the stockroom or on the floor trying to sell, sell, sell, to meet targets set by managers. It's a not-so-glowing portrait of low wages, long hours spent on one's feet and customers who are demanding and sometimes downright unpleasant.

On the plus side, she enjoyed chatting with many of her co-workers, the part-time job got her out of the house, and it provided gas and grocery money to supplement her freelance income after being fired by the New York Daily News.

Canadian-born Kelly, 53, hopes her book will help to bring about more respect for people working retail — from both customers and employers.

THE CANADIAN PRESS

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

B.C. students honoured for success

Capilano business and film students recognized ◐ Vancouver Island student wins gold in skills competition

Capilano supports Change Pilotz

Nine high school social entrepreneurs received $2,000 in seed funding from Capilano University's Global Stewardship Program. The students from North Vancouver and Burnaby completed a four-day Change Pilotz camp in Pemberton developed and delivered by the alumni of Global Stew, which is supported by students in the program.

Workshops focused on the skills needed to create and sustain a social enterprise — a business where the goal is to build social capital and not just make a profit.

The Global Stew alumni did "an amazing job," according to Global Stewardship Director Cam Sylvester.

"It was extremely satisfying to see our alumni activate both their knowledge of social entrepreneurship and their workshop development skills. They are excellent mentors for these future Change Pilotz."

He highlighted the work of Catherine Eagles, an alumna from year two of the program. The program is now entering its eighth year.

"She has the unique ability to both see the big picture and make sure the details were taken care of. The success of Change Pilotz really is a credit to her organizational talents."

After honing their presentation and budgeting skills, the high school students went before a panel of judges in the Eagle's' Nest, a competition similar to Dragon's Den on CBC.

Those who impressed the judges were given between $500 and $1,000 to bring their ideas to fruition.

Film Showcase puts spotlight on Capilano

A movie called Shuffleboard Kings created by Capilano University's third-year students and directed by Chris Aitken, will be screened at the 2011 Toronto International Film Festival (TIFF) Student Film Showcase (tiff.net/studentfilmshowcase) in Toronto and Vancouver.

Chris Aitken was born and raised in Yellowknife, N.W.T. He became interested in film in high school and decided to pursue it at Capilano University.

The Student Film Showcase was established in 2004 and is organized by TIFF. It spotlights the finest in student films from universities and colleges across Canada.

With the participation of the film school consortium, this event presents a range of student films in diverse forms including animation, documentary, fiction and experimental work that represent the burgeoning talent of Canada's next generation of filmmakers.

Vancouver Island student wins gold

Stryder Cooke, who is nearing completion of a 10-month career technical centre program at Vancouver Island University, recently won gold in the automotive service category at the B.C. Skills Canada competition.

The 17-year-old is headed to Quebec City, along with top students from across the country, for the Skills Canada national competition.

"I'm looking forward to it. I've never played competitive sports so it's something I'm not used to but I'm sure it will be interesting," Cooke said.

Skills Canada competitions test students in more than 40 trades and technology fields.

The national, not-for-profit organization works with employers, educators, labour groups and governments to promote skilled trades and technology careers among Canadian youth. ● METRO NEWS

Cancer testing taken to next level

Study could revolutionize surgery for cell cancers

Study looks at oral cancer treatments

Researchers from the University of British Columbia's faculties of medicine, science and dentistry are leading a $4.7-million pan-Canadian clinical trial aimed at improving outcomes for patients undergoing surgery for oral squamous cell cancers.

Funded by the Terry Fox Research Institute, the Canadian Optically Guided Approach for Oral Lesions Surgical Trial, or COOLS Study, involves universities and hospitals in nine Canadian cities.

Findings from the study could revolutionize clinical practice here and around the world.

According to the Canadian Cancer Society, an estimated 3,400 Canadians are diagnosed with oral cancer every year. In 2010, the estimated number of deaths due to oral cancer was 1,150. Currently, about 30 per cent of patients who receive oral surgery have their cancer recur.

The study will investigate the effectiveness of a fluorescence visualization, or blue light, to distinguish between healthy tissues from tumours or pre-cancerous cells in the mouth.

Spring Awards honour former homeless man

Not so long ago, Bryant Doradea was on the streets of Vancouver after living in a succession of group homes.

Getting an education and leading a normal life seemed out of reach. Bryant Doradea was among hundreds of Vancouver Community College (VCC) students recognized for their dedication, excellence, and perseverance at the annual Spring Awards ceremonies on May 26.

"Our award recipients have demonstrated vision, commitment."
KATHY KINLOCH, VCC PRESIDENT

"It's never too late to change your life," the 21 year old said after receiving the Barton Family Memorial Scholarship, which recognizes students who have overcome personal challenges while remaining positive and committed to education.

Doradea says it was when he came to the proverbial 'fork in the road' that he decided to finish his high school education.

At VCC, he discovered his passion and talent for creative writing.

Now, the possibilities are endless; he enjoys writing songs, biographies, poetry, and philosophy.

"We have the best and brightest among us. Our award recipients have demonstrated vision, commitment and a willingness to stand above the crowd," said VCC President Kathy Kinloch.

"We are very proud of you."

HEMERA/THINKSTOCK

▶ COOLS study may lead to oral surgery breakthrough.

Marine simulation centre opens at BCIT

The British Columbia Institute of Technology (BCIT), in conjunction with the Government of Canada and Transport Canada, and with marine industry partners from coast to coast, have launched a multi-million dollar leading-edge marine simulation centre at the BCIT Marine Campus in North Vancouver.

The completion of the simulator project gives BCIT the highest degree of simulation response in the world and the capacity to serve the training and research needs of the marine industry in B.C. and across North America.

The centre boasts seven new ship bridges, North America's only 360-degree tug towboat bridge simulator, a ship's main bridge simulation environment, and an engine room simulator complete with ground-shaking audio special effects and emergency lights.

These simulation environments allow marine students to enhance and develop their skills within a range of simple to complex tasks played out in life-like marine settings under real-world scenarios.

The BCIT Marine Simulation Centre will provide the marine industry in British Columbia with many competitive advantages, including reduced operator hours and financial outlay, increased capacity and increased professionalism and safety.

Providing the highest standard of marine training simulation is critical to meeting demands for marine safety. METRO NEWS

Legendary radio host honoured

Radio legend Bill Hughes and youth justice leader Tim Agg have been selected as the first-ever recipients of Douglas College's highest honour — Honorary Fellowship. The awards were presented June 1 and 2 during graduation ceremonies at the College's New Westminster campus.

Born and raised in New Westminster, Bill Hughes was general manager of CKNW for 14 years and the voice of the Roving Mic show, where he interviewed visitors to Vancouver on buses. He retired in 1994 after 15,083 programs — setting a Guinness World Record for longest running radio program in history.

Honorary Fellow Tim Agg has been the executive director of PLEA Community Services, a non-profit agency that provides support and services to people who face addiction, victimization and other difficulties, since 1982. His numerous contributions to the welfare of children and youth include helping create the PLEA "wraparound" service — a holistic, comprehensive, tailored approach to the needs and circumstances of the individual — as an alternative to custody, and implementing a family care model of detox and supported recovery for youth with addictions.

Peter Kendrick, a Vice Chair of the Douglas College Board, says this year's Honorary Fellows are model citizens who inspire others to live more consciously and give back to society.

METRO NEWS

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Summer job search blues? Check out these handy tips

Students and international staffing VP chime in on how to keep your hunt strong, healthy and relevant ◐ How to find work as an undergrad ◐ Online job search dos and don'ts

SAMANTHA SIM
TALENTEGG.CA

We're already a month into summer, but many college and university students are still searching for a summer job.

Statistics Canada recently reported that the national unemployment rate for April dropped to 7.6 per cent; however, the national youth unemployment rate remains approximately double that at 14.3 per cent.

So what can students do to rev up their summer job search?

Job hunting full-time

"Typically, if students treat the job search like a full-time job, they'll build up momentum and can usually get multiple offers," says Mike Gooley, Regional Vice President of Robert Half Canada, an international staffing firm.

Gooley says he encourages students not to give up and act as if they're looking for full-time employment.

"Many people will just send off a bunch of resumés for a short period of time and wait, " he says.

Second-year McMaster University engineering student Robin Ng, who just landed a job at a major car company, says she found it challenging to find a summer job specific to her program. She wants employers to take a chance on students still in their general years of study.

"A lot of employers say that the knowledge of students, in their general years of study, isn't specific enough," she says.

"The kids who take a general year also have a lot of experience and knowledge. It might not be specific, but we do have a broader set of skills and understanding of subjects."

Revamp your resumé

Students should re-assess their cover letters and resumés to highlight specific skills they've developed in previous positions, rather than just work history, and tailor them for the company or position says Gooley.

He also recommends that students quantify their achievements on their resumés. For example, showing how they reduced costs or listing by how much they increased sales.

Students should also work to broaden their professional networks and always have their 20-second elevator pitches ready, says Gooley. "Use a 20-second elevator pitch when networking with contacts that could be potential employers. It's a quick summary of your skills and why they should hire you."

Your online presence

Students can also broaden their networking contacts online to ramp up their job search.

Having a LinkedIn profile can be a helpful tool for managers to reference. However, students should be careful of their online presence and manage it closely.

"Google yourself and see what shows up. Make sure these things are professional and show yourself in a good light," says Gooley. "Maybe prospective employers might not want to see those photos

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▶ While the summer job search can be tough for students, there is hope if you can market yourself and treat your search like a full-time job.

from a certain party and students might want to consider taking them down."

Beware of online finds

More and more students are also looking online for summer jobs on websites that aren't necessarily traditionally considered for job searching, such as Craigslist.

Second-year Ryerson business management student Shannon Cosgrove warns students, from first-hand experience, to be careful and to make sure they do their due diligence on the employer posting the ad.

"I applied for a job at a kids athletic organization, on Craigslist, and I made sure to check them out. I was given an interview time, but when I showed up no one was there," she says.

"You just have to be careful and you can't always trust these ads."

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Create your own non-profit career

If your heart lies in non-profits, you may have to get creative in this competitive sector Follow these tips to find the job of your dreams

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CARLEY CENTEN
TALENTEGG.CA

The non-profit sector comprises 1.2 million employees working across 69,000 organizations.

And yet, according to a 2009 survey conducted by Ipsos Reid, only two per cent of Canadian youth aged 16 to 27 named the sector as their first choice to build a career.

A recent report by the HR Council for the Non-Profit Sector that looked at Gen Y attitudes in relation to the sector found that it was perceived that the trade-off for meaningful work through non-profit employment is lower salaries, less benefits and less job security.

Jobs in non-profits are attractive to many as a labour of love rather than payoff, but there are plenty of other perks. Work in this sector is often considered to make a difference and can come with a more relaxed corporate culture, less hierarchy and a broad range of responsibilities.

As a result, jobs are highly competitive and recent grads may need to get creative if they find their heart lies in non-profits.

Creating opportunities

When Sally Buckley was completing her master's degree in business management in the U.K., she had little idea that she would soon spend one year in Canada setting up an office for Ethiopiaid, a fundraising organization that supports local community projects in Ethiopia.

Buckley made the leap into non-profit work after successfully competing for a position in the charity office of a corporate firm where she had been working in the online marketing department. Then, as her contract in the charity office was coming to an end, she began to panic about jobs.

Knowing that Ethiopiaid had offices abroad in Australia, Sweden and Ireland, she decided to create an opportunity, rather than wait for it to come to her. Soon after suggesting to the firm's founder that Ethiopiaid open a new office abroad, Buckley found herself on a flight to Ottawa faced with the challenging task of setting up the Ethiopiaid Canada fundraising office.

Similarly, Elliott Verreault began his undergraduate studies in international business at Bishop's University in Quebec with the intent of preparing for a high-powered corporate career.

When he found himself more absorbed in the media coverage of an international conference on climate change, he realized his passion lay in non-profit work.

Seeing a gap in existing organizations and seeking to get youth involved in environmental issues, he founded It's One Humanity, a Geneva-based NGO that now comprises a team of 15 people networked over 11 countries.

If your passion is for non-profits, consider the following advice to make

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▶ Volunteer experience shows employers you're committed and interested.

sure you're competitive in this challenging and rewarding sector.

Find your passion

The non-profit sector is diverse. "Work out what area you want to work in," says Buckley, "whether it's something international or in your own country." Having a clear idea of the type of work you want to be in will help to focus your job search, whether it's medicine, relief work, community development, outreach or any number of non-profit areas.

Put your education to work

Even though Verreault no longer dreams of becoming an elite business consultant, he believes that what he is learning in business will serve him well as a social entrepreneur.

Buckley credits some of her success to the skills she gained while studying business. A basis in marketing, finance, analysis and other basic office skills is a valuable asset for non-profit operations.

Volunteer

Volunteer experience on your resumé shows employers you're committed and interested. "I went to Africa and volunteered in an orphanage," says Buckley. "While this wasn't directly related to getting a specific job afterwards, it made me really passionate."

For Verreault, it was volunteer experiences in Nepal and Africa that expanded his perspective. "The people I've met in non-profits are so happy to be doing what they're doing. It's very 'on the ground' work where you see the difference you can make."

Get your foot in the door

According to the HR Council, many people working in non-profits got their start through internships, which may or may not be paid. "Don't worry about getting that ideal job," says Buckley. "Be prepared to take a really rubbish job to start."

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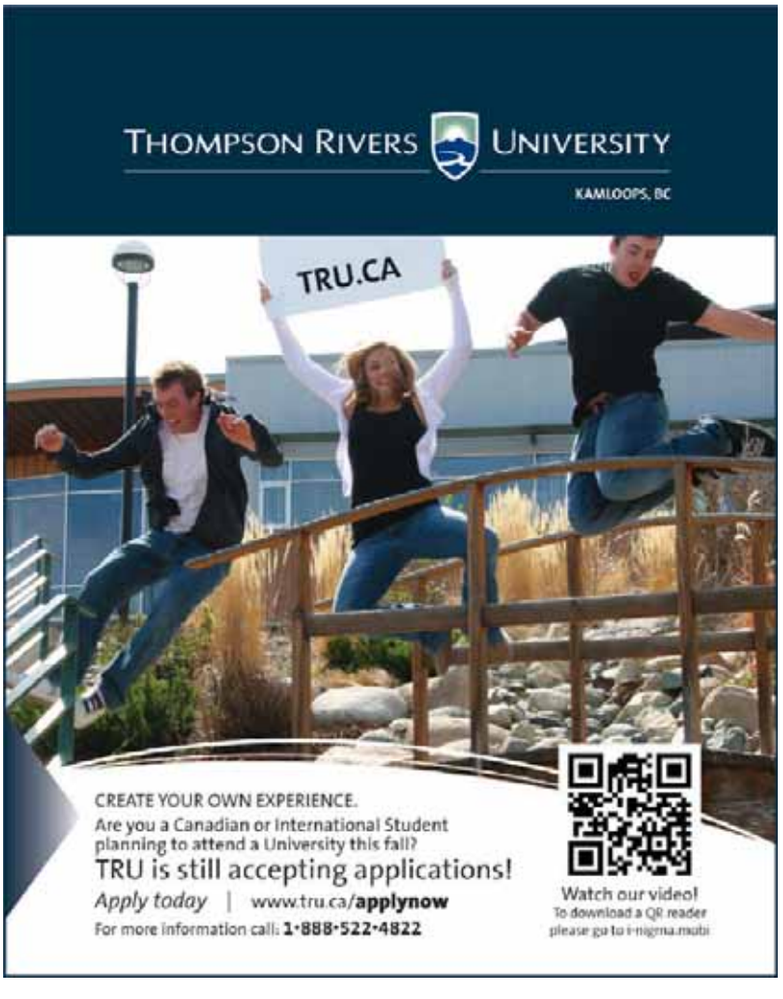

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TESOL Programs Tuesday, June 7, noon – room 526	Downtown
Transportation Trades Tuesday, June 7, 11 a.m. – lobby, building B	Broadway
English as a Second Language Wednesday, June 8, 6 p.m. – room 1227, building B	Broadway
Hospitality Management Diploma Saturday, June 11, 11 a.m. – room 420	Downtown
Communication for Engineering Tuesday, June 14, 6:30 p.m. – room 821	Downtown
Hair Design and Esthetics Wednesday, June 15, 4:30 p.m. – room 201	Downtown
ASL & Deaf Studies Wednesday, June 15, 6 p.m. – room 2555	Broadway
Administrative Assistant Thursday, June 16, 3:30 p.m. – room 622	Downtown

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Vancouver Community College

Langara goes green

Campaign promotes cycling, walking and transit

AIDON/DIGITAL VISION/THINKSTOCK

▶ Langara's "Less Car, Go Far" campaign encourages its employees to cycle, walk or take transit this summer.

Langara staff and faculty launched its Less Car, Go Far campaign on May 30 to promote the importance of going green this summer.

They've also joined other workplaces celebrating two weeks of traveling to work sustainably with Bike to Work Week and the Commuter Challenge.

"The Langara campus and surrounding community areas are primed for cyclists and transit commuters," explains Fulton Tom, a Langara economics instructor and member of the Langara's Transportation Demand Management (TDM) committee.

Currently, more than 11 per cent of Langara employees cycle to work, and 57.5 per cent commute via transit, cycling, carpooling, or walking. This percentage exceeds Vancouver's 2021 target of 56 per cent of trips for the four modes.

Langara provides its employees with many incentives to commute sustainably such as secure bike storage, a discounted transit pass program and special parking spaces for carpoolers. METRO NEWS

Surrey selects SFU successes

A trio of current students and a pair of alumni from Simon Fraser University have been chosen as the City of Surrey's most promising youths.

They're being recognized — along with 20 others — at the Surrey Board of Trade's (BOT) inaugural top 25 under 25 event, which recognizes youths who are potential "leaders of tomorrow" in areas such as civic development, social issues and business trailblazing. Those being recognized include business student Kyle Krystalowich, mechatronics systems engineering student, Ben Brown-Bentley, public policy researcher Paul Hills, former SIFE president, Ashish Gurung, and director, producer and photographer, Glen Chua. METRO NEWS

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A meltdown in Beantown

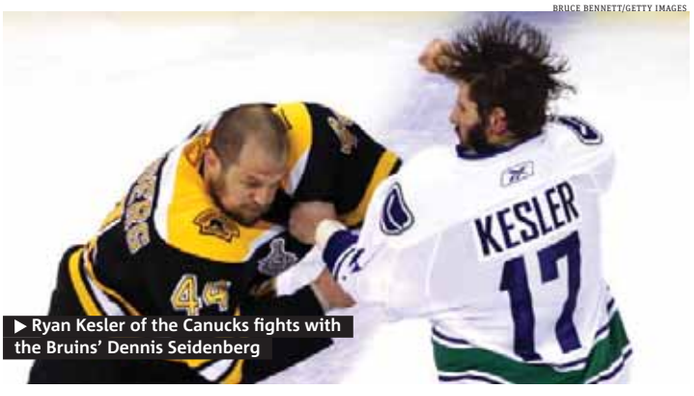
Game 3 slips away after Canucks allow four second-period goals ◗ Luongo gives up four goals on 14 shots in middle frame ◗ Rome could face NHL discipline for late hit on Bruins' Horton

BRUINS	CANUCKS
8	1

BRUCE BENNETT/GETTY IMAGES

▶ Boston's David Krejci scores on Vancouver goalie Roberto Luongo last night.

BRUCE BENNETT/GETTY IMAGES



▶ Ryan Kesler of the Canucks fights with the Bruins' Dennis Seidenberg

JONATHAN HAYWARD

▶ Boston's Milan Lucic taunts Vancouver's Alex Burrows.

The Boston Bruins got their swagger back in time to save their season.

Tim Thomas defiantly defended his team after two close one-goal losses to open the Stanley Cup final and backed it up with 40 saves last night as the Bruins handed the Vancouver Canucks a humbling 8-1 loss in Game 3.

It was the most complete effort of the series for a Bruins team that was clearly energized by a return to the rocking TD Garden. A four-goal outburst in the second period was made possible by the solid play of Thomas and helped Boston narrow the gap in the series to 2-1.

"We started scoring and the floodgates opened, and we just kept going and trying to score more," Thomas said. "I think that was the right approach and ... it was good to see the scoring spread around here.

"That's what we're going to need the rest of the way out to win the Stanley Cup. We're going to need contributions from everyone."

Game 4 goes tomorrow night before the final shifts back to Vancouver for Game 5 on Friday.

"We won by a big score tonight, but it's only a win and we're still down 2-1, and that's the way I approach it," Boston coach Claude Julien said.

"What's encouraging is that we had our issues scoring on Luongo, and tonight managed to find a way to score a lot of goals on him so it's certainly good confidence-wise."

The Boston victory was even more impressive because it came without Nathan Horton, the team's second-leading playoff scorer, who was knocked out of the game at 5:07 of the first period by a devastating late hit from Canucks defenceman Aaron Rome. Horton laid motionless on the ice for several minutes before being carted off.

"There wasn't a lot of talk (in the locker-room), it was more of, 'Let's make sure we do this for Horty,'" Mark Recchi said.

Rome was given a five-minute major.

"We'll let the league deal with that, but it was a head-on hit, a player looking at his pass. It was a little bit late. I don't think that's the type of hit the league is trying to take out," Canucks coach Alain Vigneault said.

Recchi scored twice, Michael Ryder had a goal and two assists, while Andrew Ference, Marchand, David Krejci, Dan Paille and Chris Kelly also scored for Boston.

Jannik Hansen replied for Vancouver.

Boston's first two goals were the result of fortunate breaks. Canucks defenceman Alex Edler had his stick inexplicably shatter right after the opening faceoff in the second period and he was standing helplessly in front when Ference's shot through traffic floated past Luongo at 11 seconds.

Recchi made it 2-0 with his second power-pay goal of the series at 4:22 when an attempted pass deflected off Ryan Kesler's stick and through Luongo's legs.

The Bruins had all kinds of life at that point and Thomas ensured they kept the momentum, stopping a tough tip from Raffi Torres and denying Manny Malhotra on a partial breakaway.

THE CANADIAN PRESS

Late bodycheck

Nathan Horton had just passed the puck and was entering the Canucks zone when Aaron Rome levelled him with an open-ice hit.

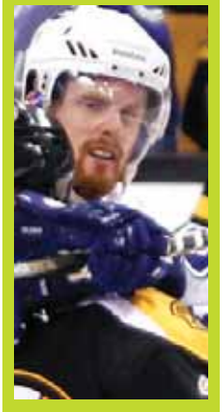
- The Bruins said Horton was transported to a hospital and was able to move all of his extremities.
- The Boston crowd started chanting: "Nathan Horton! Nathan Horton!" as he was taken off the ice.
- Rome was given a five-minute major for interference and could face a suspension after the play is reviewed by the league.

"That's a late, late, late hit ... That's not good when its so late. (Horton) never dreamed it would be so late."

DON CHERRY ON THE NATHAN HORTON HIT DURING CBC'S COACH'S CORNER LAST NIGHT

4 sports

Quoted



"I think it's better to lose 8-1 than to lose in overtime like they did (in Game 2) ... It's not fun. I mean, we have a lot of pride in here and to do that in the playoffs, that's not fun. But again, it's one game."

DANIEL SEDIN ON THE CANUCKS' 8-1 LOSS LAST NIGHT.

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Game 3 timeline

A look at some of the key events of last night's game, and a selection of fan reaction from Twitter

5:13 P.M. @ERICBUCHEGGER:
Watching Renee Rancourt sing the anthems brings back memories of Oilers/Bruins Finals from the Gardens. #Canucks

5:31 P.M. @LARANG:
Wishing Horton is alright. No one ever wants to see a stretcher on the ice. #Bruins #Canucks #bringithome

5:44 P.M. @ JBROOKS6425:
Phenomenal PK.. Canucks looked like the Bruins PP on that one

5:51 P.M. @ KYEGRACE:
Thomas is like a friend of mine who got married twice in three years. They both over commit. #Canucks #Bruins

6:01 P.M. @POSTMARKONE :
Don Cherry's suit looks like an old school deck chair #bringithome #canucks

6:19 P.M. @MIKESHER:
4 y-o son: "Which button do I push on the remote so the #canucks score?" Push all of them, Owen. Over and over.

6:26 P.M. @ALIWAKELING :
#Canucks so good that we are even scoring for the other team just to give ourselves some competition. #westillloveukesler

6:40 P.M. @MYTRAINER_SAYS:
Can't watch any more. Il listen for the horns outside if I need to. #Canucks #bringithome

6:49 P.M. @JOSEPHTIMPANO:
#canucks just gave up on this game

7:10 P.M. @THESTANCHION:
Dear NHL: Please do the right thing. Please suspend Aaron Rome. Please suspend him for us. That would really teach us. Signed, Canucks fans

7:30 P.M. @AY604:
I'm a goalie & if I'm throwing bodychecks, I'm fair game. End of story. #Canucks

7:46 P.M. @MATT41_:
It's too bad the #Canucks missed their plane and couldn't show up tonight

7:58 P.M. @JUSTSAYINGEH:
Nice to see the Canucks spot the Bruins a win in the series. Dont want to embarrass them with a sweep, and will be fun to end it at home...

Nathan Horton knocked out of the game at 5:07 of the first period by a devastating late hit from Canucks defenceman Aaron Rome. Rome gets a game misconduct. (Photo No. 1)

Andrew Ference scores 11 seconds into second period.

Mark Recchi gets a goal when Ryan Kesler accidentally redirects the puck into the net.

Brad Marchand gets a short-handed goal at the 11:30 mark. 3-0 Boston. (Photo No. 2)

David Krejci makes it 4-0 with four minutes left in the second. (Photo No. 3)

Third period quickly gets nasty (Photo No. 4). At 6:59, Daniel Sedin gets a game misconduct.

At 11:38, Dan Paille gets a short-handed goal. 5-0.

Michael Ryder scores Boston's third goal of the last three minutes. 8-1 for the Bruins.

JONATHAN HAYWARD/THE CANADIAN PRESS

1

HARRY HOW/GETTY IMAGES

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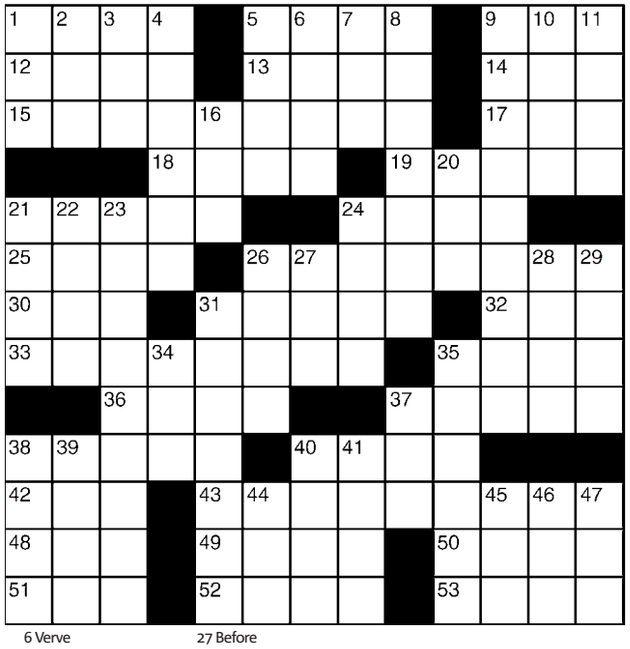

Across

1 More than eager
5 Get well
9 Sch. org.
12 Nibble
13 Hamburg's river
14 Tennis shot
15 Whoopi Goldberg movie
17 Exist
18 "This weighs —!"
19 Poison
21 Upper story
24 Set fire to
25 April prank victim
26 Compassionate
30 Plagiarize
31 Blender setting
32 Alias letters
33 — bandit (slot machine)
35 On the rocks
36 Lambs' dams
37 Fidgeting
38 Cartons
40 Stitches
42 — Khan
43 Communicating (with)
48 14-Across' path
49 Campus VIP
50 Reverberate
51 Allow
52 Recedes
53 Bosc or Bartlett

Down

1 Tummy muscles
2 Evening hour on a sundial
3 "— Impossible"
4 Military assignment
5 Medal earner
6 Verve
7 Easy as —
8 Salad basis, usually
9 Unvarnished truth
10 Ripped
11 Help on the sly
16 "Yada yada yada" (Abbr.)
20 Jackie's second spouse
21 Frizzy 'do
22 Animated figure
23 "Specifically, ..."
24 Raised
26 Autumn flowers, for short
27 Before
28 Guitars' kin
29 Gentlewoman
31 Run the meeting
34 Dumbfound
35 Foot part
37 Plant bristle
38 False god
39 Fairy tale villain
40 Wound cover
41 Billions of years
44 Kan. neighbor
45 Expert
46 Half a dance?
47 Rocky pinnacle

▶ Yesterday's answer

A	M	P	S			D	O	C			F	R	E	D
T	I	R	A	M	I	S	U			A	E	R	O	
E	N	O	R	M	O	U	S			L	A	N	E	
			T	E	N		H	E	L	P	E	R		
D	O	D	O	S		S	I	D	E					
A	G	A	R		E	N	O	U	N	C	E			
D	E	W		B	L	A	N	C		A	W	E		
	E	N	O	L	O	G	Y		S	K	E	W		
			F	A	Q	S		S	T	E	R	E		
H	O	N	S	H	U		S	I	R					
A	L	A	I		E	N	O	L	A	G	A	Y		
L	I	M	N		N	A	I	L	F	I	L	E		
F	O	E	S		T	E	L		E	G	I	S		

Sudoku

9		7		1	5			6
	1		6					8
	2		3				5	
3							8	
		8	1		6	3		
	4							7
	5				3		7	
7					1		4	
4			2	6		9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my baby, If I never met you, I wouldn't like you. If I didn't like you, I wouldn't love you. If I didn't love you, I wouldn't miss you. But I did, I do, and I will forever. I Love you and you know who u are! **DAISY**

Boobie-boo, We finally found out what we're having. I love you so much. I know our little boy will grow up to be all the man you are :) now we just have to figure out names! Looooveeee youuuuu **NIPS123**

Pookie, Even though we have been separated for months by this Atlantic Ocean, my love for you only grows stronger. I cannot imagine my life without hearing your voice every day! I love you, and am so excited for you to come back so we can start living our lives together. Love you always! **TEUFULCHEN**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your confidence will soar over the next 24 hours. Lady Luck is on your side.

♉ Taurus April 21-May 21 If what you receive today seems to be more than you deserve, you must not feel bad about it.

♊ Gemini May 22-June 21 Avoid those who preach doom. Some say the world is in a sorry state, the planets say otherwise.

♋ Cancer June 22-July 22 You are about to be rewarded for your vision and your efforts — and your determination not to give up.

♌ Leo July 23-Aug.23 If you want to move up in the world, now is the time to do something about it.

♍ Virgo Aug. 24- Sept. 22 Things you value today, won't be what you value tomorrow. Nothing is worth getting worked up about.

♎ Libra Sept. 23-Oct. 23 Someone you think of as a rival will surprise you by saying something that makes you look and feel good.

♏ Scorpio Oct. 24-Nov. 22 Today will convince you that what you have been working on is a waste of time. It will free you.

♐ Sagittarius Nov. 23-Dec. 21 This is a good day for relationships of all kinds. Don't hold back.

♑ Capricorn Dec. 22-Jan. 20 Make sure you know all the facts of a situation before taking action.

♒ Aquarius Jan. 21-Feb. 18 Allow yourself to get caught up in the social whirl. You're allowed to have fun. It will ease the tension.

♓ Pisces Feb. 19-March 20. Important people are watching you closely and there's not much doubt they will like what they see.

SALLY BROMPTON

Caption contest

FELIPE DANA/THE ASSOCIATED PRESS

WALLY SANTANA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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